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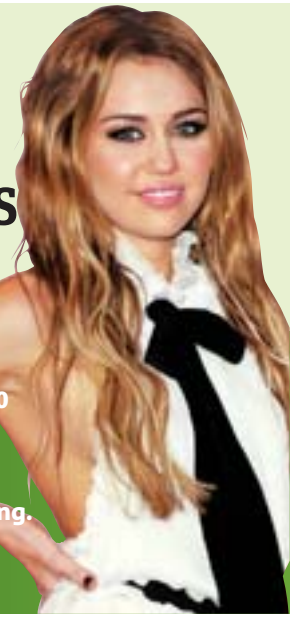
LEARNING CURVE: EXAMS, SELF-TALK AND MORE {pages 25–28}

MILEY
STAR TO SPEND B-DAY WITH FOLKS
DISH {page 19}



CALGARY metro®
Tuesday, November 9, 2010
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News worth sharing.

Invasion. Targeted

▶ Jason Devine shows off his injuries after an apparent violent home invasion early yesterday morning.

CANDICE WARD/FOR METRO

Anti-racism activist says he was targeted

Police say they are investigating after masked men entered a home in the north-east, beating two men and sending them to hospital in what is being called a targeted attack. Story, page 4.

Thousands flee Myanmar

Clashes erupt in wake of controversial elections {page 8}

Mortgage load tops $1 trillion

Report: Higher home prices cause 7.6% spike in debt {page 11}

Tunnel debate takes off

▶ Council has allocated $250,000 for report on cost of airport tunnel ▶ Report to come to council before end of year ▶ Alderman wants additional business-case study

KATIE TURNER
CALGARY@METRONEWS.CA

Despite a unanimous decision to go ahead with a report on the airport tunnel, the topic produced some heated debate last night.

Ald. Gord Lowe presented a notice of motion to council asking that a business-case study be done and presented to council in February — which would leave little time for council to move forward should they approve construction.

Mayor Naheed Nenshi responded to Lowe's motion and said he was "trying to kill the project through backdoor means."

When asked if he took offence, Lowe responded, "Yeah, I did, because it's not an attempt to kill the tunnel at all — it's simply an attempt to get all of the information in front of council at one time. So I was somewhat taken aback by the mayor's comments."

However, Nenshi said the debate between him and Lowe was "healthy."

"Council has already agreed multiple times that this underpass is an important link in the Calgary transportation plan," he said. "We can't now go back and pick and choose."

Ald. Jim Stevenson, the tunnel's biggest proponent, said the decision by council was a positive step.

"We're finally getting some figures that we can work with," he said.

Lowe's signature move

- Ald. Gord Lowe presented a petition with 1,100 signatures belonging to citizens who oppose the airport tunnel.
- Mayor Naheed Nenshi said his own website in favour of the tunnel has collected a lot more than 1,100 signatures.
- Of the petition against the tunnel, Nenshi said, "It's just a stunt, though there are some interesting names on it."

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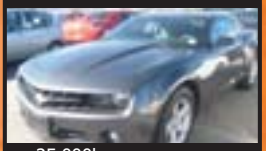
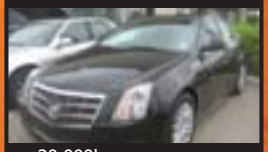


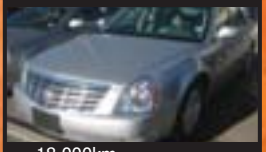
25,000km
STK#: RR10147A
$25,995

2010 Cadillac CTS



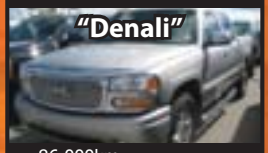
20,000km
STK#: U6237A
$34,995

2010 Cadillac DTS



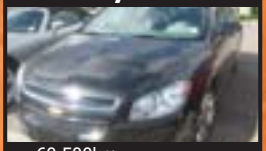
18,000km
STK#: U6291A
$38,995

05 Sierra 1500 Crew "Denali"



86,000km
STK#: P4808B
$29,995

09 Chevy Malibu LT

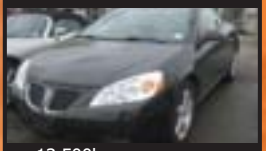


60,500km
STK#: U6235A
$18,995

08 Kawasaki Vulcan 900

STK#: U6272A
$6,995

2008 Pontiac G6 GT



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Emergency services on budget hit list

Administration to present at least $35M in possible cuts Council needs selection of cuts to pick from

Council decided yesterday administration should look for an additional $35 million to trim from the city's budget, and emergency services are likely to be on the list.

During last night's meeting, Ald. John Mar questioned if emergency services would be included to which administration responded they would be.

"I think when we put together the list of possible reductions, we'll be looking at a wide array of things and not precluding really any possibilities, so not precluding the possibility of protective services," said chief financial officer Eric Sawyer following the meeting.

Mar said he is concerned but willing to have the conversation.

"I am concerned that it's mentioned because it's usually, if you'll pardon the expression a sacred cow, and I want to make sure that we're not compromising citizen safety," said Mar following the meeting.

However, Mayor Naheed Nenshi said the findings from administration will not necessarily be adopted by council. KATIE TURNER

Numbers

- The motion put forward by Mayor Naheed Nenshi was passed unanimously.
- Administration has just over one week to make the list of at least $35 million in possible cuts.
- Nenshi said he decided on a figure of $35 million after consulting with city manager Owen Tobert on a reasonable number.

METRO FILE

▶ City council approved a motion for city administration to come back with recommendations for where to come up with $35 million in cuts.

Making a stink over airline

An Alberta couple is trying to make sure their son's poopy diaper causes a cyber stink for Alaska Airlines.

Newlyweds Dan Blais and Colleen Roberge claim the airline gave away their seats on a flight home from Las Vegas while Roberge was in the washroom changing their son Levi's poopy diaper.

Blais admits the family was not at the gate the required 40 minutes before boarding, but says they were there more than 20 minutes ahead when they realized Levi's diaper had blown out.

The airline has offered the couple $400 in vouchers, but that's not enough for the pair, who say they had to pay more than $1,000 to buy tickets home on WestJet the next day.

He and his wife have started an online blog "Alaska Airlines Hates Families" that had more than 12,000 hits as of yesterday afternoon.

A spokesman with the airline commented on the blog saying the company prides itself on meeting its schedule and making flights wait for late boarders would not be fair to other passengers.

THE CANADIAN PRESS

Send us your comments at calgaryletters @metronews.ca

News in brief

Consistency for underpasses

DOWNTOWN. Underpasses in the city's downtown will now follow designs based on a set of guidelines approved by council. The policy is non-statutory but will provide an idea for the future development of underpasses, with a focus on pedestrians and cyclists and making underpasses safer. METRO

Girl back safe at home

VEGREVILLE. An 11-year-old Vegreville girl suspected of running away over the weekend has returned home safely.

Brooke Reum disappeared from her apartment at 3:30 p.m. Saturday and returned home at 12:30 p.m. yesterday.

She was taken to hospital for precautionary measures and was found to be in good health. METRO

1 news

Gordon Pinsent shocked by popularity of video starring him reading Justin Bieber's memoir. Scan for story.

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Allan Small says life is very good in an investor-friendly market. More at metronews.ca/investing

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Activist: White supremacists behind break-in

- Wife Bonnie Devine ran unsuccessfully for mayor in the recent election
- The family had recently bought the home where the attack occurred

CANDICE WARD/FOR METRO

▶ Jason Devine shows some of the injuries suffered at the hands of people he believes targeted him early yesterday morning.

CANDICE WARD
CALGARY@METRONEWS.CA

A city anti-racism activist says he was targeted by white supremacists in a home invasion that sent him and another man to hospital yesterday morning.

Jason Devine, member of Anti-Racist Action Calgary, said he has been targeted before, but the attacks appear to be escalating. "They were obviously trying to kill me," said Devine.

Five masked men armed with blunt weapons forced their way into Devine's family home on the 5400 block of 8th Ave. SE around 1:16 a.m. Devine and his friend were attacked while his wife and four children remained unharmed inside the home.

"They kept trying to hit me in the head as much as possible," said Devine.

In 2008, a firebomb was thrown at the family's home. No one was hurt.

The masked men fled the scene in a dark coloured SUV, according to police. Devine was released from hospital around 6 a.m. with a concussion and large bruises to his arm and back. His friend remains in hospital with a broken arm that requires surgery.

Acting Staff Sgt. Brad Moore confirms that robbery was not the motive and the attack was targeted. "This was not a random attack," said Moore.

Police have no suspects but are working on a number of leads. They believe the suspects and victim are known to each other.

Devine said nothing was taken from the home and measures will be taken to ensure his family's safety.

Hanging posters

- The couple had been hanging anti-racism posters the day before. They believe the posters were the motive for the attack.
- During each attack, all four children were home asleep.

CITY TRANSIT

Council gives OK to Ward 13 TOD plan

Ald. Diane Colley-Urquhart's motion to move forward with a Transit Oriented Development plan in Ward 13 was approved by council yesterday.

Colley-Urquhart argued there are many upcoming projects in her ward and a TOD plan is necessary. "There a lot about to happen in this area council," she said. "It's exactly the sort of thing that we want to see start happening in the suburbs."

Administration is to come back to council with a report later this month on the resources required for the 2011 Work Program.

KATIE TURNER

Two busted in alleged dial-a-dope scheme

CANDICE WARD/FOR METRO

▶ Acting Staff Sgt. Mark Hatchette displays seized goods.

Two alleged dial-a-dopers are off city streets thanks to a quick-hit by city police.

Nabiel Ahmed Abdallah, 30, and Sakhr Adel Jeha, 28, both of Calgary are facing multiple drug-related charges and remain in custody.

Three search warrants were conducted between Nov. 3 and 4 in the north-east, leading to arrests.

Police say both individuals are well-known to the organized crime unit.

The items seized during the warrants were representative of a mid-level drug trafficking operation.

Police also say they were tipped off by a citizen complaint to a city alderman's office.

METRO

20 The pair have been hit with 20 charges. In total, $10,365 in cash was seized, $6,000 in drugs (street value), a handgun, bear spray, body armour, five cellphones and other drug-related items.

Fighting prostate cancer: So easy a caveman could do it

One Calgary organization will be taking facial hair growth to the next level as the year's hairiest month is underway.

Forget just growing a moustache — the Prostate Cancer Centre (PCC) will be asking men to grow all their facial hair out during Neanderthal November.

"We feel it is important for the funds raised in Calgary to stay in Calgary," said Linda MacNaughton, spokeswoman with the PCC. "Our donors used to think all the funds they raised through Movember stayed here — they did not."

Neanderthal November was launched in 2008 by employees at Agrium who wanted to make their mark against prostate cancer. In 2009, the PCC and Agrium took the fun public.

"All funds raised will go directly to the Prostate Cancer Centre," said MacNaughton.

2,700
Free PSA tests have been handed out to more than 2,700 men over the age of 40 since June 2009.

The PCC runs strictly on donations and does not receive any government funding.

The all-inclusive centre runs out of the Southern Alberta Institute of Urology and is home to Calgary's 13 urologists.

The centre is known worldwide for providing prostate cancer awareness, patient care, treatment, research and the Man Van — the first mobile PSA (prostate-specific antigen) clinic in the country.

To take part in Neanderthal November, go to www.prostatecancercentre.ca. CANDICE WARD

Carbon capture a hot topic

The war of words is heating up in the Alberta legislature over proposed rules for the province's carbon capture and storage plan.

The province is working with private operators on four plans worth $2 billion to liquefy and sequester carbon dioxide underground in order to reduce greenhouse gas emissions.

As part of the deal, Energy Minister Ron Liepert has introduced a bill making the province liable over the long-term for any problems that result.

THE CANADIAN PRESS

Southeast LRT plan will wait until 2012

Council voted yesterday to defer its decision on the southeast LRT to January, with hopes of creating a more holistic transit plan for the city.

Ward 12 Ald. Shane Keating said he believes the southeast has a "deficit" that needs to be addressed when it comes to the LRT.

"We have to make sure that we're making decisions that are in the best interest of the city as a whole."

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REAL ESTATE

City sees bump in housing starts

Calgary is beginning to see an increase in housing starts in the city.

Since October 2009, total housing starts have almost doubled with 8,221 in 2010, according to figures from the Canada Mortgage and Housing Corporation.

The biggest number of starts came from multi-family starts, with 3,138 — up 158 per cent compared to 2009.

The biggest decrease came from single-detached units, down 31 per cent to only 346 breaking ground in October.

Across the province, housing starts decreased 17 per cent in Alberta's seven largest cities.

METRO

Cougar on the prowl in town

Black Diamond officials are warning town residents of a cougar that is still lingering in the area.

The cougar is believed to be the same one first sighted three weeks ago.

Signs have been posted around the town to make sure people are aware of the cat's appearance.

METRO

Poppy fund coming up short

So far $400,000 of the $2 million goal for the city's poppy fund has been raised in donations this year.

Officials with the Calgary Poppy Fund said they believe they will still be able to reach their target. Funds raised go to help veterans in the city.

METRO

Local gamers ready to heed Call of Duty

MIKE GRONDIN/FOR METRO

▶ Gamers wait in line at a local store for the release of the latest instalment of Call of Duty.

▶ Gamers line up for new Call of Duty game ▶ Stores stock up

MIKE GRONDIN
CALGARY@METRONEWS.CA

Fan pandemonium was expected for midnight releases of Call of Duty: Black Ops across the city last night, with several diehard fans lining up for the new game.

According to Joe Kia, manager of EB Games in Deerfoot Meadows, 150 people were expected to line up outside his store.

"There are quite a few people who are crazy about this game," said Kia.

"People will show up with lawnchairs waiting for the doors to open at midnight."

Kia says his store and others throughout the city were well prepared to sell many copies of the game in expectation of several avid players.

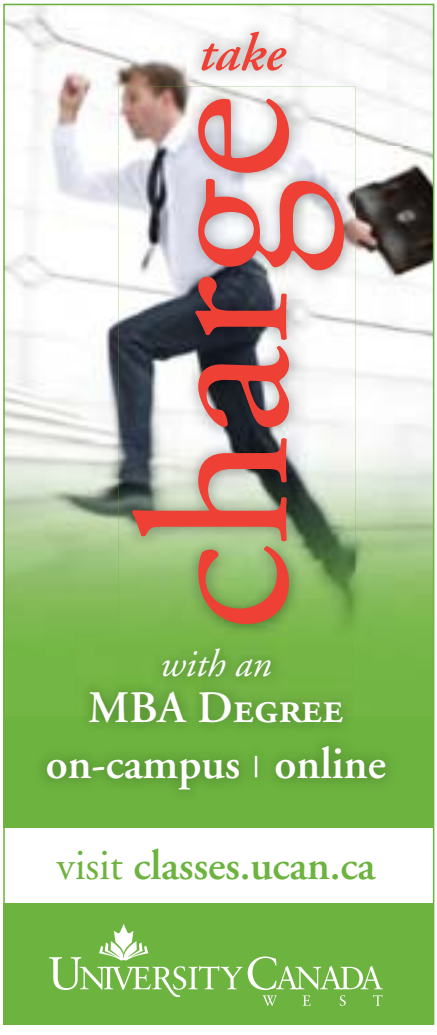
Macaulay Brown, one of the players who lined up last night, said he's excited about all the new game features, as well as being one of the first to own it.

"I want to be one of the first people to get a new copy and hold it in my hands," said Brown.

"I'm pretty excited about all the new cool things in the game, and I'll kind of be one of the first to find out."

New game

- Call of Duty: Black Ops is the seventh instalment of the series.
- The game is set in the Cold War era.



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Clashes in Myanmar drive thousands out

Following weekend elections that were decried by U.S. President Barack Obama as unfair and repressive, ethnic rebels clash with government troops

Mothers carrying babies and grown men hoisting elders on their backs fled Myanmar with 15,000 countrymen yesterday as ethnic rebels clashed with government troops a day after an election widely considered a sham to cement military power.

Fighting raged at key points on the Thai border, wounding at least 10 people on both sides of the frontier as stray shots fell into Thai territory.

It was Myanmar's first election in two decades, billed by the ruling junta as a key stage in its self-proclaimed road to democracy. But the voting has been widely slammed as a sham to cement military power. The country has been ruled by the military near-continuously since 1962.

In the heaviest clashes, Karen rebels reportedly seized a police station and post office Sunday in the Myanmar border town of Myawaddy. Sporadic gun and mortar fire continued into yesterday afternoon.

Thai officials said late yesterday that fighting had quieted and government troops had regained control of Myawaddy.

The fighting threatened to overshadow electoral developments, which include mounting chagrin on the part of anti-government parties over what they charge was blatant cheating on behalf of the military's chosen candidates.

The junta-backed Union Solidarity and Development Party was certain to win an overwhelming number of seats. It fielded 1,112 candidates for the 1,159 seats in the two-house national parliament and 14 regional parliaments. The largest anti-government party, the National Democratic Force, contested just 164 spots.

THE ASSOCIATED PRESS

Violate rights

- Visiting New Delhi, U.S. President Barack Obama said it was unacceptable for Myanmar's government to "steal an election" and hold its people's aspirations hostage to the regime's greed and paranoia.
- Obama said leaders in countries like the U.S. and India have a responsibility to condemn such gross violations of human rights. He was speaking before India's parliament.

APICHART WEERAWONG/THE ASSOCIATED PRESS

▶ A Myanmar man and his son received rice at the Border Patrol Police base in Thailand's Mae Sot town yesterday following fighting between Myanmar soldiers and ethnic Karen fighters.

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- Excellent communication skills
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- Assertive self-starter with own vehicle
- An adequate team player with an adaptable attitude

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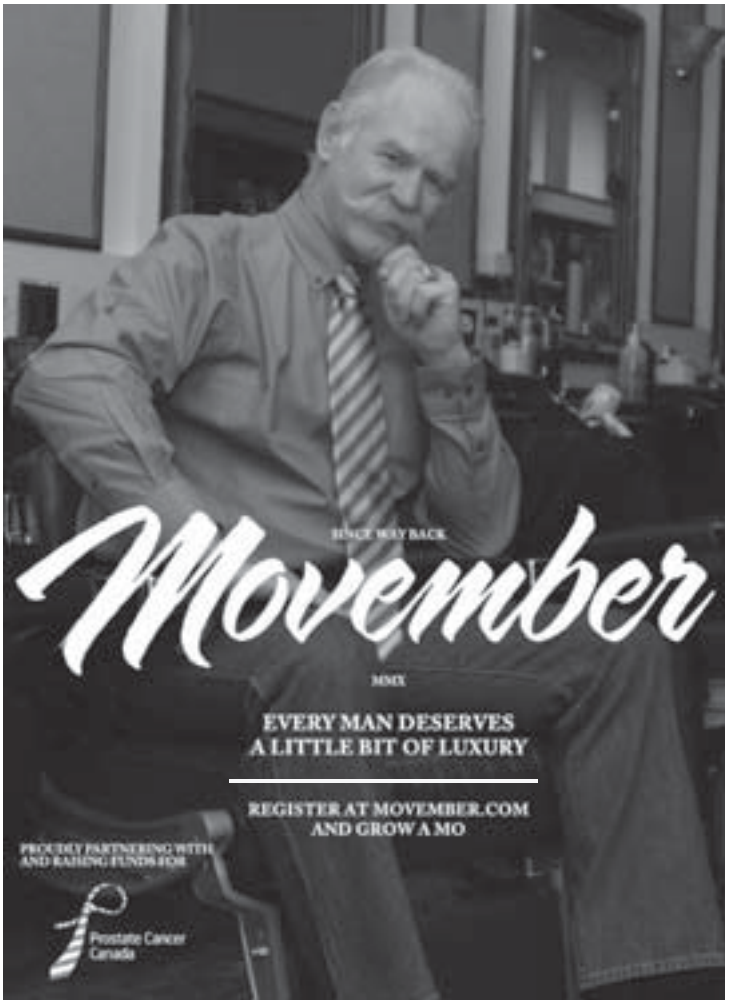

STEVE C. WILSON/THE ASSOCIATED PRESS

▶ Elizabeth Smart, right, arrives at Federal Court with her sister, Mary Katherine Smart, yesterday in Salt Lake City.

'I thought I was having a nightmare'

Elizabeth Smart tells court of waking to find knife at her throat Accused removed for singing hymns

Elizabeth Smart awoke when she felt a cold knife on her throat.

Then she heard a man threatening to kill her and her family if she didn't leave with him.

"He said he was taking me hostage, for ransom. I was shocked. I thought I was having a nightmare," Smart told jurors yesterday, the first day of testimony in the trial of Brian David Mitchell, accused of kidnapping her from her bed in 2002 and holding her for nine months.

Smart's mother, Lois, testified earlier that she hired Mitchell, then known only as a homeless street preacher named "Immanuel," to do handyman work at the family home after she and her children ran into him downtown and one of her sons encouraged her to give him money.

Mitchell's attorneys say he was influenced by escalating mental illness and extreme religious beliefs that made him think he was doing what God wanted him to. Elizabeth Smart was 14 when she was kidnapped. THE ASSOCIATED PRESS

Graham James sex assault case goes Friday

The Graham James sexual assault case has been put over until Friday.

A lawyer for the convicted sex offender appeared in a Winnipeg court yesterday.

The former hockey coach was not there and it is still not clear if he will apply for bail. James has been in custody since he returned to Canada from Mexico.

He faces sex charges in relation to three complainants, including former NHL star Theo Fleury. THE CANADIAN PRESS

NIGERIAN COAST

Canadian among kidnapped

A Canadian was among at least five oil workers abducted by gunmen in speedboats in an attack on a rig yesterday off the coast of Nigeria's troubled southern delta.

The Canadian hostage is Bob Croke, a St. John's, N.L., area resident, a family member said.

The Department of Foreign Affairs in Ottawa said it is aware of the reports from Nigeria and "is in touch with local authorities with a view to seeking further information." They declined further comment.

Afren said the attack occurred at a new rig doing survey work at the Okoro oilfield, 11 kilometres off the coast of Nigeria's Akwa Ibom state.

Some of the kidnapped workers were employees of offshore drilling company Transocean. A spokesman for the Houston, Texas-based company said they're on a heightened state of alert and have taken some extra security precautions on their rigs in Nigeria.

"All I can tell you is we are working with our customer Afren and the authorities. We have not been contacted by the perpetrators," Guy Cantwell told The Canadian Press from Houston.

U.S. State Department spokesman P.J. Crowley told reporters that seven people were kidnapped — two of them U.S. citizens. THE CANADIAN PRESS

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Drunk driving rules too strict?

Liberal John Les says new rules spread fear in B.C.

Coleman says he's pondering whether to water down British Columbia's tough new drinking and driving rules.

The new rules have only been in place since September, but B.C. bars and restaurants say business has dried up since the law was changed, he said yesterday.

Police have powers to hand out hefty fines or impound cars if drivers are pulled over with a blood alcohol limit above .05, but officers have discretion at that alcohol level which means not every case means guaranteed punishment, Coleman said.

The new drinking and driving rules were hailed as the toughest in Canada when they were introduced last April.

THE CANADIAN PRESS

Driver convicted

- Carol Berner was convicted yesterday of four charges in the death of five-year-old B.C. girl Alexa Middelaer along a rural road in Delta in May of 2008.
- The Crown is calling for a jail term of up to five years while the defence wants two years probation with no jail time.

Refugee status. Limbo

▶ Actor Randy Quaid leaves the Immigration and Refugee Board offices following his immigration hearing in Vancouver, yesterday.

JONATHAN HAYWARD/THE CANADIAN PRESS

Quaid's refugee claim postponed

Actor Randy Quaid and his wife, Evi, were arrested in Vancouver last month on warrants from the U.S., prompting them to make their refugee claim. They have said they've come to Canada to avoid what they describe as "Hollywood star whackers," who they blame for the deaths of Heath Ledger and David Carradine.

Unite. calgaryunitedway .org

United Way
of Calgary and Area

$1 trillion — that's our mortgage debt

Industry report finds Canadians still favour fixed-rate mortgages **Five-year fixed rate option most popular**

Canadian mortgage debt has spiked to over $1 trillion, largely as a result of high home prices and low interest rates, according to a report by Canada's mortgage industry.

The value of outstanding mortgages is now 7.6 per cent higher than it was last year, the Canadian Association of Accredited Mortgage Professionals said in its annual report released yesterday.

The report says higher prices have forced many Canadians to borrow heavily to finance home purchases.

Canada's housing market has been on a tear for much of the past year after the Bank of Canada sent its trend-setting policy rate to an emergency low of 0.25 per cent to stimulate borrowing and consumer spending.

Buyers, spurred by easy access to relatively cheap borrowing, rushed into the market and competed aggressively for homes, which drove prices to record highs.

The market has been cooling in recent months as many sales were pushed ahead to the beginning of the year in advance of tighter mortgage qualification rules, a new tax regime in B.C. and Ontario and higher interest rates.

Meanwhile, the Bank of Canada's policy rate has been hiked three times to one per cent, still historically low.

THE CANADIAN PRESS

Report findings:

Most homeowners are comfortable with their level of mortgage debt.

- **About 84 per cent** said they could afford at least a $300 increase in monthly mortgage payments.
- **About six per cent** of Canadian mortgage holders, however, would be challenged by rate rises of less than one per cent.

U.S. Foreign policy

▶ U.S. President Barack Obama holds a courtesy meeting with New Delhi Congress President Sonia Gandhi in New Delhi yesterday.

JIM WATSON/GETTY IMAGES

Obama on the move in India

The United States and India signed six agreements besides a plethora of business deals inked separately during U.S. President Barack Obama's trip to India.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
+ 127.37 (13,052.48)	– 0.33¢ (99.63¢ US)	+ 21¢ US ($87.06 US)	$4.088 (+ 15.1¢)	$1,403.20 (+ $5.50)

Wands out

The U.S.-based entertainment company Warner Bros said yesterday that it plans to buy and expand the English studios where the Harry Potter films are made.

THE ASSOCIATED PRESS

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IS IT ENOUGH TO LOVE THE ONE YOU'RE WITH?

She says ...

JESSICA NAPIER

When you've been in a relationship for a while, you inevitably start to hear the same question over and over again, "So, is this the one?"

And there it is folks – the one. One true love to have and to hold for eternity. Finding your soulmate can be beautiful and romantic. However, the idea of settling down forever with just one human being sends some commitment phobes running for the hills.

For me, staying faithful to one person for 40-plus years seems like an incredibly difficult commitment — not impossible, but definitely a challenge. I love my "the one" very much, but I sometimes wonder, as the decades go by, will my feelings change?

Almost 40 per cent of couples in Canada will divorce by their 30th wedding anniversary. Statistics like this make it hard to keep up faith in being faithful. It's hard to believe that one other person could satisfy every emotional and sexual need till death do you part. So what are the options when both partners start to feel like there is something missing in the relationship? Do you stick together and try to work it out, break up, or explore an alternative lifestyle?

"So what are the options when both partners start to feel like there is something missing in the relationship?"

When monogamy becomes monotony, some couples are turning to something (or someone) outside the relationship to spice things up. Open marriages and swinging are no longer the taboos they once were. In fact, reality TV shows, like Sister Wives and Cheaters, are contributing to the mainstreaming of these types of plural partnerships.

It seems the worst part about infidelity (besides the health risks you might subject your partner to) is the lying and the mistrust. But what about when it is completely consensual? If there is no real element of deceit, can we really call it cheating?

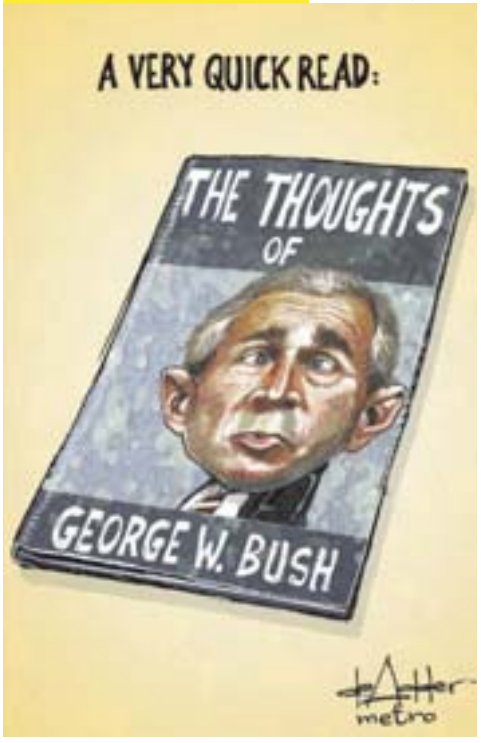
These non-traditional relationships are a minefield of ethical obstacles that can lead to a number of emotional (not to mention legal) consequences. But as problematic as they might be, many couples believe that becoming romantically or physically involved with other people can be a way to save a marriage, and even make it stronger.

Whether engaging in extramarital activities is right for your relationship is a personal decision unique to every couple. But when a website that facilitates adulterous encounters has more than seven million members, we have to wonder if the concept of monogamy is starting to become extinct.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



No silly shirts for leaders

Worth mentioning

For some Pacific Rim leaders, this will surely come as a relief: No kimonos or other special attire for the annual group photo.

Over the years, one of the most memorable moments of the annual Asia-Pacific Economic Co-operation summit has been what's come to be called the "silly shirts" photo, often representing the host country's culture.

The 21 APEC leaders have posed together in Javan batik shirts (Indonesia in 1994), flowing ponchos (Chile in 2004) to Vietnamese "ao dai" in 2006 — elegant silken tunics in which several of the leaders were visibly ill at ease.

But this year in Japan, the leaders were instructed to come in "smart casual" for Saturday's photo, said a government official, who spoke on condition of anonymity, citing department rules.

The Japanese official cited the timing for the photo session, which falls between a traditional Kabuki theatre performance and an official dinner hosted by Prime Minister Naoto Kan, as one possible reason for the relatively staid choice.

The typical tight-fitting traditional kimono is not very comfortable or suitable for a photo session, said another official, though he did not explain why. THE ASSOCIATED PRESS

One size fits all

Is the poppy valid recognition for war veterans?

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Advertising: 403-444-0136• adinfocalgary@metronews.ca • calgary_distribution@metronews.ca
Publisher Steve Shrout, **Managing Editor** Darren Krause, **Advertising Sales Manager** Chris Mackie, **Distribution Manager** Dave Mak
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Metro Minute at War Art Now

If you're looking for something to do today, check out the War Art Now display at the Military Museums.

The exhibit has been at the museum since Sept. 11 and will be there until Jan. 31.

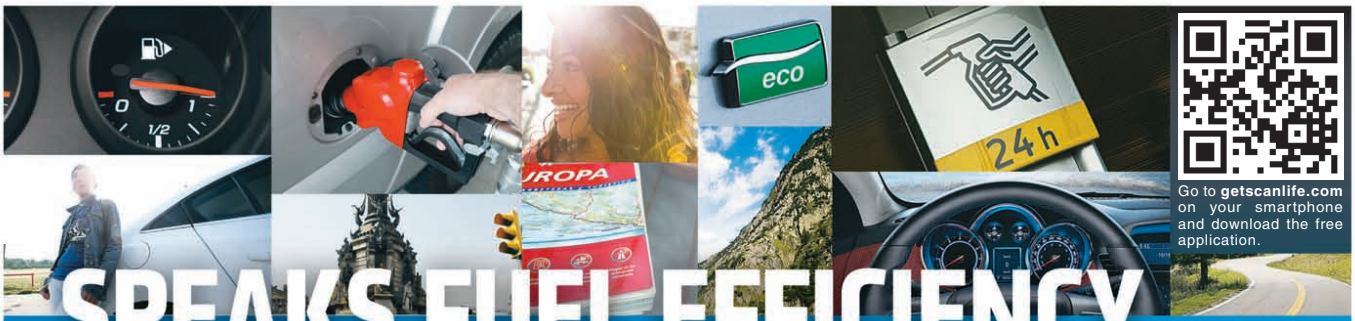
The exhibit, located in the museums' Founders' Gallery, is by Dick Averns and includes an array of photography, sculpture, video and text, which focused on Averns' tour in the Middle East.

The Military Museums are located at 4520 Crowchild Trail SW and its doors are open from 9 a.m. to 5 p.m. Admission is $10 for adults, $5 for seniors, and $4 for youth between the ages of seven and 17.

KATIE TURNER

WWW.CANADIANART.CA

▶ War Art Now is on display at the Military Museums.



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2 scene

All's fair in Hollywood justice

Joe Wilson and Valerie Plame, smeared by the Bush administration, tell their story Naomi Watt and Sean Penn star as the couple

PHIL BROWN
SCENE@METRONEWS.CA

In July 2003, Joe Wilson published an article in the New York Times outlining why he believed the Bush administration was lying to the American public so it could fast-track the Iraq war.

The government's response was to out his wife's, Valerie Plame, classified position with the CIA and launch a massive media smear campaign that almost ruined their lives. As it became obvious that a certain president was more suited to watch kid's cartoons than run a country, their names have since been cleared.

Now, the film Fair Game (starring Sean Penn and Naomi Watts as the couple) further explores the injustices they endured.

"Obviously, there was apprehension towards the movie because of the way our story had been reported," Wilson told Metro.

"But we were consultants on the movie and worked with the director to make sure that the script was as true to the facts as possible."

In a rare instance of truth triumphing over fiction in Hollywood, the couple was able to ensure its story was accurately represented with a few limitations.

"Like every CIA employee, I signed a secrecy agreement and that's good for a lifetime," said Plame. "There were some things that were off limits and they understood that."

Plame and Wilson are pleased with how Fair Game turned out, even if it can be difficult to watch.

"I've seen it three times now and ... it is not yet therapeutic. It's still pretty raw to have to go back and relive what we went through," said Wilson.

However, they recognize their story carries cultural significance worthy of the attention.

"We want people to walk out of the theatre and not see it so much as a black mark on the Bush administration per say, but against power and the abuse of power in general," explained Plame.

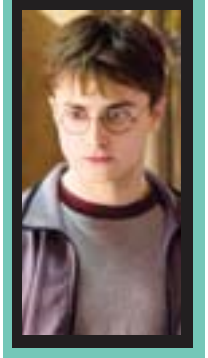
Quotables

What the real star of Fair Game is saying

- **Valerie Plame's first reaction to the movie**
  "The producers had approached us ... but we knew nothing about Hollywood and that world."
- **Plame on Naomi Watts**
  "We've become friends. I mean, we're both working mothers, really at the end of the day..."

Naomi Watts stars in Fair Game, based on the story of Valerie Plame and her husband.

Scene in brief



Warner Bros. has announced plans to buy and expand the English studios where the Harry Potter films are made. Warner Bros says it will invest roughly $161-million in a major expansion of the Leavesden Studios. Chairman and chief executive Barry Meyer said yesterday the investment will give Warner Bros. a state-of-the-art, permanent UK production base.

The studio is also responsible for recent hits such as Inception.

The enlargement program will be completed in 2012.

THE ASSOCIATED PRESS

Force Unleashed II manages to make fantastic Jedi power seem ordinary

Talking about Scott Pilgrim

Creator of the comic book series reflects on going from one graphic novel to mega success

PHIL BROWN
SCENE@METRONEWS.CA

Bryan Lee O'Malley has gone from a burgeoning artist with a critically acclaimed graphic novel to one of the most beloved comic book community figures. The reason? His Toronto-set series Scott Pilgrim about a 20-something whose life is filtered through a pop culture cocktail of manga, movies, and vintage videogames.

With a Hollywood adaptation hitting DVD this week, Metro spoke with O'Malley about the recently completed Scott Pilgrim saga.

How did the idea of depicting Pilgrim's life through this surreal pop culture lens come about?

The books were a way of getting all that stuff out of my head, onto the page. Weirdly, that happened to be what really catches on with a lot of people.

I didn't really think it was for everyone. I thought it was just my personal obsessions, but it turns out to represent a lot of people's experience from growing up in the '80s and '90s.

Did you ever think it could be a film?

No, I started talking to [director] Edgar Wright right after the first book, but I never thought there would actually be a movie.

I think it worked because ... we both approach American pop culture as outsiders, him from the UK and me from Canada.

We never felt like that was our world, but we wanted to create something that synthesized our world and that kind of fantasy world.

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News worth sharing.

TV picks

Welcome to Parenthood, Michael B.

FOOTBALL IDOL. Fans of Friday Night Lights awaiting the football drama's return will see a friendly face on Parenthood. Michael B. Jordan — known to FNL fans as quarterback Vince Howard — pops up again here as an employee of a food bank, and a possible love interest for Haddie.

▶ **Parenthood, Citytv, NBC**

Kidnapping's new twist

FEEL THE BURN. Still catching up on the spy series Burn Notice? Tonight finds always-unflappable Michael being forced to kidnap a kidnapper.

▶ **Burn Notice, Showcase**

THE ASSOCIATED PRESS

The struggling Bruce family becomes the TV face of the U.S. recession

Bouncing back

How to survive a downturn? Just star in a reality show

RAHOUL GHOSE/WE TV/THE ASSOCIATED PRESS

▶ Laura Bruce and her daughter Whitney make ends meet in a new TV series that profiles a family gone from rich to struggling.

A reality series featuring families hit hard by the global economic crunch?

Welcome to recession TV.

The WE television network has premièred Downsized, an eight-episode series about the blended family of Laura and Todd Bruce, who are struggling financially after the collapse of Todd's construction business.

Bruce used to take in $1.5 million a year. But in the first episode, he's shown emptying a bottle of change and selling a favourite baseball mitt to pay the month's rent.

"It's the face of the economic issue of our times," said John Miller, chief programming executive at the women-centred WE network.

Recession TV is a trend that can cut both ways.

People with their own financial troubles may appreciate seeing others go through the same things, making them feel less alone or stigmatized.

Yet it can be excruciating to watch the wounded pride on Bruce's face as he tells his wife not to borrow money from her father.

The Bruces have been married five years and have seven children from previous marriages. They live outside Phoenix, Ariz.

They lived well when construction was booming, frequently eating out, but didn't react quickly when tougher times came.

Bruce racked up credit card debt trying to keep up and pay employees when the work went away.

Laura Bruce is a schoolteacher, waitressing on the side and about to teach fitness. They answered an ad from a TV show looking for families who wanted to save money.

The "nominal" payment enabled the couple to pay back their children for money borrowed to make the rent, Laura Bruce said.

THE ASSOCIATED PRESS

Primetime TV fights scourge of sex assault

Actress KaDee Strickland is using the dramatic hurdles of her character on ABC's Private Practice to show the devastating effects of sexual assaults.

Strickland plays tough-as-nails doctor Charlotte King, whose world is jolted by a violent rape.

It's not just an opportunity to show Strickland's range as an actress, but also to help others.

"No one can take for granted just what a huge, huge issue this is in our country," says Strickland.

"It happens every two minutes," she says, citing a statistic from the Rape, Abuse and Incest National Network. "Someone's attacked. When you think about that, you know, our show's an hour long. That's 30 people."

Strickland also has a personal connection to the issue. She recalled being at a hospital alongside a friend who had just been sexually assaulted.

During the taping of Private Practice, the man accused of raping Strickland's friend was found guilty.

Private Practice creator and executive producer Shonda Rhimes took a strong interest in the story line and wrote an episode.

"I wanted to talk about rape from the perspective of the survivor," Rhimes says.

Her goal was "to illuminate and give voice to the experience of rape survivors as opposed to law enforcement or someone from the outside looking in."

ADAM LARKEY/ABC/THE ASSOCIATED PRESS

▶ KaDee Strickland and Kate Walsh are shown in a scene from Private Practice.

Private Practice isn't the only primetime show fighting sexual assaults.

Actress AnnaLynne McCord plays a character on 90210 who was raped by a teacher at her school.

Off camera, McCord advocates on behalf of sexual abuse survivors. "It's already an issue that I work strongly to speak out about," explains McCord.

THE ASSOCIATED PRESS

The grim toll

The Rape, Abuse and Incest National Network offers horrifying statistics about sexual assault:

- One in six women — and one in 33 men — will be sexually assaulted in their life time.
- Every two minutes someone in the U.S. is sexually assaulted.
- Sixty per cent of sexual assaults are not reported to the police.
- Approximately 73 per cent of rape victims know their assailants.
- College age women are four times more likely to be sexually assaulted.

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Scene in brief

Walking Dead is alive at AMC

AMC network is rewarding its new zombie drama The Walking Dead with life for a second season after just two episodes have aired.

The series premiered Halloween night as an instant hit, drawing 5.3 million viewers. The second episode, which aired Sunday, was seen by 4.7 million viewers.

Set in the Atlanta area, The Walking Dead stars Andrew Lincoln as a small-town police officer leading a group of survivors after a zombie apocalypse.

It is based on the comic book series written by Robert Kirkman.

THE ASSOCIATED PRESS

Walkin' Reba's country road

Think of this as the Reba McEntire edition of the Country Music Association Awards.

McEntire, one of country music's most recognizable women, is up for just one award tomorrow night.

But she inspired and led the way for the new generation of female talent that swept through nominations this year.

Young singers like Miranda Lambert, Hillary Scott of Lady Antebellum, Taylor Swift and Carrie Underwood admit they owe a debt to stars like Loretta Lynn and Dolly Parton — as do all female country performers.

But it was Reba who was front and centre during their childhood, pointing the way.

She was the CMA's entertainer of the year in 1986 — around the time Lambert turned three and Scott was a few months old — and a quarter of a century later at 55, she's still as vibrant as ever.

She's up for female vocalist of the year tomorrow night and is poised to release her 34th album, All The Women I Am, the day before.

"I think Reba has really shown what a woman's career should look like," said Lambert, who leads all nominees with nine.

And what a career. Her albums come out like clockwork. She is among country music's top touring draws. She's the longtime host of te Academy of Country Music Awards and her surprise hit TV show remains in heavy rotation in syndication. She has even done Broadway. And don't forget her clothing and product lines.

THE ASSOCIATED PRESS

KRIS CONNOR/GETTY IMAGES

▶ Reba McEntire has immense respect for the talents of young performers. 'I see what the younger acts are doing,' she says. 'They're my competition but they're also my friends.'

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Lohan has a visit with her father

Michael visited Lohan at Betty Ford Clinic • Spent several hours together, including shopping at a mall

GETTY IMAGES

Christina Aguilera

Aguilera seen with a new man

Christina Aguilera enjoyed a night out recently with pals Nicole Richie and Joel Madden as well as a mystery man who turned out to be Matthew Rutler, her set assistant for her new film, Burlesque, according to the Daily Mail.

While dining with a colleague is hardly suspicious, their exit from the SoHo House raised some eyebrows, as Rutler reportedly hid under a blanket in the backseat of Aguilera's car to avoid the press.

METRO

Allen's health improving

Lily Allen's condition is improving, her representative tells People magazine.

The singer is being treated at a London hospital for septicaemia, a bacterial blood condition.

Allen "is responding well to treatment and her condition continues to improve," her rep says. "Lily thanks everyone for their messages of support and again asks that she and partner Sam Cooper be left alone whilst she recovers."

METRO

Michael Lohan's recent good behaviour earned him some time with daughter Lindsay Lohan over the weekend, according to Radar Online.

"Lindsay met Michael at Betty Ford and the pair spent hours together. It was not a fleeting encounter, this appeared well-planned in advance," a source says. "They also went shopping at a local Palm Desert mall, where they were seen walking around together and at one point, were in a jewelry store."

When asked about the meeting, Michael kept up his new policy of not talking to the media, saying, "I have pledged not to comment about anything relating to my daughter. However, what I will say is that I am an incredibly proud father tonight. My daughter is progressing extraordinarily well."

Meanwhile, Dina Lohan insists that daughter Lindsay is doing so well in rehab that she wants to go into the business herself when she gets out.

"... I am an incredibly proud father tonight. My daughter is progressing extraordinarily well."

MICHAEL LOHAN

GETTY IMAGES

Lindsay Lohan

"She wants to start her own facilities, help other children," Dina told Matt Lauer during an interview on the NBC's Today show. "She's so public, we can only be positive and look to the future to help other families."

METRO

GETTY IMAGES

Miley and Billy Ray Cyrus.

Miley to spend b-day with fam

Miley Cyrus turns 18 in two weeks, and the Disney megastar wants nothing more than to spend it with her family.

"(My family and I) need time to all be together," Cyrus tells MTV News. And sources tell Popeater that Cyrus' success may have played a role in her parents' current divorce battle.

"Both parents have been equally involved in making their daughter a superstar, and now that they have achieved their goal they have nothing to work towards anymore and nothing to keep them together," a source says.

"You would think that someone like Miley has everything in the world, but I guarantee she would give it all up in a second if it kept her family together."

METRO

Celebrity tweets

Ashton Kutcher [@aplusk] Dear Brett Favre, Retire. Sincerely, Ashton

Steve Martin [@SteveMartinToGo] Pretaping wife now for dinner conversation tonight.

50 Cent [@50cent] just thinking when I die I want to be remembered as someone special. I have to be better at everything I do.

Pink [@Pink] Thinkin about hibernating for winter.

METRO

50 Cent denies fling

50 Cent insists the rumors about him and late-night host Chelsea Handler having a fling are bogus.

"I didn't hear none of that," he tells Hollyscoop of recent reports of their alleged hook-ups. "I don't know how you set it straight. Chelsea is a friend of mine and she's been working on a lot of great television projects I've been communicating with her (about)."

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3 life

Health in brief

In a scientific feat that almost defies imagination, Canadian researchers have transformed human skin into different types of blood cells. The achievement by McMaster University scientists is being hailed as a breakthrough that could one day help patients needing transfusions for surgery, to treat potentially deadly blood disorders or to offset the destructive side-effects of chemotherapy.

THE CANADIAN PRESS

Special CT scans cut lung cancer deaths in study; questions remain about screening

ISTOCK PHOTO

▶ An Australian study found that skipping breakfast over a long period may have detrimental effects to your heart. It found that people who skipped breakfast tended to have higher cholesterol, elevated insulin levels and larger waist circumferences. It was published in the American Journal of Clinical Nutrition in October 2010.

We're bringing breakfast back

Eating in the morning is good for you But no need to force it down

CELIA MILNE
LIFE@METRONEWS.CA

Turned off by breakfast?

No need to force yourself. Nutrition experts have been telling us for years that we should eat breakfast. But this doesn't mean you have to choke down food when you're not hungry yet.

"Breakfast is, indeed, important," says nutrition guru Dr. David Katz, director and co-founder of the Yale Prevention Research Center in New Haven, Conn.

"But exactly when and exactly where you eat it is up to you."

According to Dr. Katz, people who eat breakfast tend to be healthier and leaner than those who skip it.

One new study even shows that eating breakfast is good for your heart. Yet, many people don't realize it's not crucial to eat breakfast the minute your feet hit the floor in the morning.

If you aren't hungry when you first leave home in the morning, but get hungry at about 10:00 a.m. or 10:30 a.m. while at your desk, it's still healthier to eat something then, than to fast until lunch time.

"I routinely have breakfast that late, because that's when I get hungry for it," says Dr. Katz.

"If I can't eat a late breakfast at home, I take it with me."

Dr. Katz is an internationally renowned authority on nutrition, weight management and prevention of chronic disease.

He has written more than 100 scientific papers, almost 1,000 newspaper columns and 12 books on nutrition.

And he's an advisor to U.S. President Barrack Obama.

Morning rush

Nutrition expert Dr. David Katz takes a mix of whole grain cereals and fresh fruit for his late-morning breakfast. Here are his recommendations for breakfast on the go:

- Dried fruit and nuts (packed with nutrients, easy to carry, great shelf lie. But don't get ones with lots of sugar and salt added).
- Larabar Raw Food Bar chocolate coconut chew bars.
- Nature's Choice multigrain cereal bars.
- Wholesome Goodness bars.
- Yogurts that are all about milk

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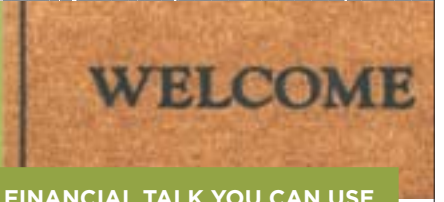

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HBO/THE ASSOCIATED PRESS

Mobster therapy

▶ In another case of life imitating art — Italian mobsters are now speaking to therapists about their problems, similar to the scenes made famous by HBO's Sopranos.

In real-life twist on Sopranos, some Italian mobsters work out their angst in therapy ◗ Snitches, nagging wives and bad hair among problems

The mafia boss was having a dreadful time dealing with loss. But he wasn't struggling with the loss of lives, or even the loss of his freedom.

"Doc, it's my hair," the mobster from the 'ndrangheta crime syndicate confessed to his psychiatrist in jail. "I'm afraid of losing my hair.

"And look at these spots on my arm. See them?" he half-pleaded as he rolled up a sleeve and thrust out his arm.

"But your hair is fine. Absolutely fine. And there aren't any spots," Dr. Gabriele Quattrone tried to reassure his patient — who had tied himself into a knot of anxiety over the hair he believed to be falling from his head and the imaginary blotches popping up all over his arms.

Quattrone is one of a tiny corps of psychotherapists who have treated Italian organized crime bosses or their family members.

Patients include dons haunted by nightmares, turncoats tormented after ratting, wives left frigid by rigid codes of loyalty. In exclusive interviews with The Associated Press, psychologist Girolamo Lo Verso recalled the case of a mobster's son who told another therapist at a public mental health facility: "'If my father knows I come here, he'll kill us."

"If you're a mafioso, and you're anxious, you're not trustworthy and you have to be eliminated," said Lo Verso. "A mafioso is paranoid about everything" — trusting the mafia code of silence ("omerta") more than the medical code of patient confidentiality.

The state's war on organized crime has put hundreds of bosses behind bars, sometimes for decades, sorely testing the mental health of spouses, children and sometimes the mobsters themselves.

THE ASSOCIATED PRESS

granted on condition that the identities of the mobsters not be revealed in line with doctor-patient confidentiality, the doctors offered rare insights into the secretive, increasingly strung-out world of Italy's centuries-old criminal organizations.

But seeking help is risky business: among mobsters, visiting a psychologist is a weakness you can pay for with your life. Palermo businessmen expected to pay protection money have left some sons of organized crime families wrestling with self-doubt, unsure they are cut out for leadership in a life in the bloody, vengeful world of the mob.

Mobster life

These are indeed tense times for Italy's mobsters.

▶ **Struggles** A growing police crackdown and a rebellion among

Thoughts on... Gratitude

Stay present, stay in the now

ADVICE Many of us are feeling nervous about the state of affairs in the world but this too shall pass.

Being grateful for what you have in the moment, here and now, will help you weather the storm.

If everyone around you can't stop talking about what is going on or what's going to happen — simply change the subject or walk away.

Gratitude is a powerful force.

Everyday before you start your day, take a moment to be grateful for all things that you have currently in your life.

Whenever you find yourself tempted to join the gloom talk just step back and say 'Thank You' for that which sustains you in these difficult times.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

Top four desk culprits

Your workday can be full of irritations. Here are some tips on tackling them.

1
Chair

If you're having problems with your posture, perhaps your office chair is wrong for you. Make sure it has a good backrest and is set to the correct height. You could also get an orthopedic chair to lessen feelings of discomfort or back pain.

2
Desk buddies

If the person beside you at work always offers candy and makes a point of sharing it, learn to politely refuse. Then grab an apple.

3
Computer screen

Staring at your computer screen all day long isn't thought to cause any long-term damage. However, the reflection from the screen and general fatigue can cause headaches or bleary eyes. Get up and walk around every hour.

4
Desk

The height of your desk could be wrong — together with your chair — which could lead to problems such as tendinitis (inflammation of the tendons in your wrist).

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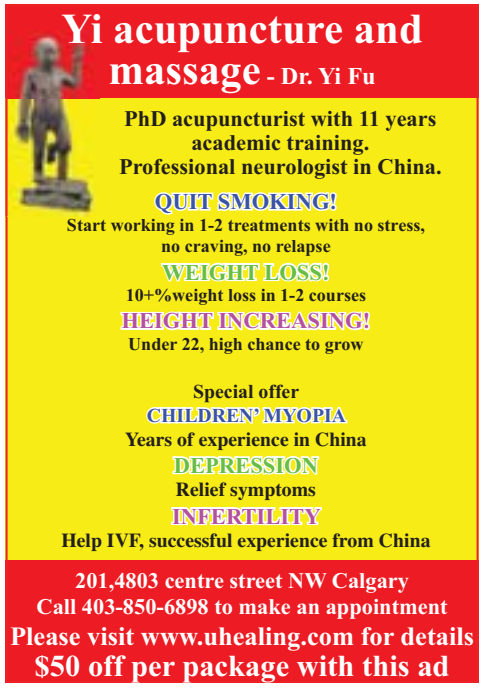
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Variations on dinner

Rice and pasta help to make suppers fast and easy ◆ Lots of veggies make these dishes nutritious

▶ Skillet Steak & Corn

Preparation:

1. In a large skillet, cook steak, onion and thyme over medium-high heat in oil until meat is no longer pink; drain. Add wine; simmer, uncovered, for 10 minutes or until liquid has evaporated.
2. Stir in tomatoes; cover and simmer 15 minutes longer. Add corn and heat through. Serve with rice.

Ingredients :

- 500 g boneless beef top round steak, cut into strips
- 1 medium onion, cut into 1/4-inch wedges
- 1/2 tsp dried thyme
- 2 tbsp vegetable oil
- 3/4 cup red wine or beef broth
- 398 mL can diced tomatoes, undrained
- 2 x 284 mL cans corn niblets, drained
- Hot cooked rice

▶ Peanut Chicken Stir-fry

Preparation:

1. In small bowl, combine 1/2 cup water, peanut butter, soy sauce and brown sugar until smooth; set aside. In skillet or wok, stir-fry garlic in oil 30 seconds. Add chicken; stir-fry 5 minutes or until no longer pink. Add broccoli; stir-fry for 5 minutes.
2. Stir in peanut butter mixture; cook and stir 2-3 minutes or until sauce is smooth and broccoli is crisp-tender. Combine cornstarch and remaining water until smooth; gradually add to skillet. Bring to boil; cook and stir for 2 minutes or until thickened. Serve with rice or noodles.

Ingredients :

- 1/2 cup plus 1 tbsp water, divided
- 1/4 cup peanut butter
- 3 tbsp soy sauce
- 1 tbsp brown sugar
- 2 to 3 garlic cloves, minced
- 2 tbsp canola oil
- 500 g boneless skinless chicken breasts, cubed
- 3 cups fresh broccoli florets
- 1 tbsp cornstarch
- Hot cooked rice or noodles

Preparation:

1. Cook fettuccine according to package directions. Meanwhile, in large pot, bring water and broccoli to boil. Reduce heat; cover and simmer 4-6 minutes or until crisp-tender. Drain.
2. In large pot, melt butter over medium heat. Stir in flour until smooth. Gradually whisk in milk. Bring to boil; cook and stir 2 minutes or until thickened. Remove from heat; stir in Parmesan cheese and broccoli.
3. Drain fettuccine; top with broccoli mixture.

Ingredients :

- 1 package fettuccine
- 1 cup chopped fresh or frozen broccoli
- 3 tbsp butter
- 1 tbsp all-purpose flour
- 2/3 cup milk
- 1/4 cup grated Parmesan cheese

▶ Broccoli Fettuccine Alfredo

Forget wine — and rediscover a good Kentucky bourbon

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

On these cold, far too rainy days of November I often forgo a glass of vino in favour of a warming shot of whisky (which, for the sake of consistency I will spell without an "e" throughout this column).

Mention whisky and most thoughts turn immediately to Canadian, Scottish or even Irish, versions, but in the last few years American whisky has made some major inroads into our fare country.

While our friends in the lower 48 make a variety of whiskies, bourbon is hands-down their most famous. Originating in Kentucky, bourbon can actually be produced in any U.S. state as long as it meets certain criteria: Arguably the most important factor being that it be made with at least 51 percent corn.

Of all of America's mainstream bourbons Maker's Mark ($37.95 – $39.99) has carved out a nice niche with its rich flavour profile and distinctive package that features a unique square-bottomed bottle and groovy red latex-dipped cap sealant.

With exotic tropical aromatics and a well-wooded, caramel-meets-barrel char mouth feel it's an ideal introduction to the what American whisky has to offer whether on its own, over ice or with a dash of spring water.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and traveling the globe looking for something to fill his glass and put into words.

WIFE WANTS TO STOP THE MESS

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

2FORCOUPLES.COM
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My husband never cleans up after himself. I'm sick of being his maid! How do I make this stop?

Angela says...

Have you asked him directly, or are you expecting him to suddenly notice that he should do it? The direct approach always seems to work better with the male species. Dividing the work is also key. In our house, one person makes dinner, and the other cleans up. Works brilliantly. It's often a race to be the first one home after work. And in the interest of full disclosure, we have a cleaning person who comes every two weeks, thus avoiding the "who's turn is it to clean the bathroom" discussion.

"If he's an average sloppy guy, start small: Ask him to make the bed and throw in a load of laundry once a week."

Derek says...

Are we talking about a messy desk and pile of clothes, or is this crusty dishes under the sofa? While there's no excuse for an adult man to neglect cleanliness to the point of allowing bacteria cultures to grow in the living room, you might be faced with an incurable condition at this point. In which case, you should invest in a hazmat suit and industrial cleaning service. But if he's an average sloppy guy, start small: Ask him to make the bed and throw in a load of laundry once a week. Build from there. Reward him with a bottle of 12-year-old Macallan scotch.

QUICK CHATS LED TO LOVE

Names: Shannon, 25, and Andy, 38

Hometown: Toronto

Together since: 2009

Their story:

How We Met: Shannon & Andy

"Andy and I (Shannon) met when I started a new job at a medical office — he was the Purolator guy.

"One day, Andy came into the office with a package I was expecting — I had ordered something from a motorcycle shop. Being a rider himself, he recognized the name of the store and was very curious about the contents. Having discovered our joint passion for motorcycles, our conversations became more frequent. Andy would even stop into the office empty handed just for a quick chat.

"About two years later, we had our first date — on a motorcycle, of course! We went for a beautiful summer ride and rode by the waterfront in Port Perry, Ont. It was there — 36 minutes into our first date — that I knew he was "the one." I asked him to marry me. He said yes and kept me waiting (im)patiently for him to surprise me with a proper proposal. Andy finally proposed in January 2010, at the same place in Port Perry where I had asked him to marry me. After some drama, a bit of stress and a wedding venue cancellation, we finally tied the knot in September 2010 in Toronto."

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY.

Facebook knows when a breakup is coming

MOA KÄRNSTRAND
LIFE@METRONEWS.CA

Are you in a relationship in and around Easter, two weeks before Christmas — or even every Monday?

Beware! These are the peak times when we tend to break up — at least according to an intriguing infographic that uses Facebook to chart when people are splitting up.

British journalist and graphic designer David McCandless, whose expertise lies in showing data in visual ways, is the architect behind the love-testing graph.

To produce it, McCandless searched 10,000 Facebook status updates (from a period of 12 months) for words like "broken" and "breakup" that suggested romantic relationships had ended.

He then plotted the data to reveal when Facebook users were most likely to get dumped over the course of a year. By his estimations, Christmas Day is the safest time for a relationship, but the two weeks leading up to Dec. 25 are dangerous in lovers' calendar; so too are Easter and even regular Mondays.

"(Relationship breakups) have a mini-peak every Monday, and flatten out over the summer," David McCandless said at a TED conference of thinkers and inventors as he was showcasing his curious study.

On the thought of splitting up on Christmas Day, McCandless said: "Who would do such a thing? That would be cruel!"

"(Relationship breakups) have a mini-peak every Monday, and flatten out over the summer."

DAVID MCCANDLESS

▶ Christmas Day is the safest time for a relationship, but the two weeks leading up to it are dangerous for lovers.

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THINK TWICE BEFORE USING RRSP FUNDS

There are two ways to borrow from your RRSP. First is through the RRSP Home Buyers' Plan, for first-time home buyers, and second is through the Lifelong Learning Plan, for educational expenses. These Canada Revenue Agency programs allow you to withdraw funds without a tax penalty. If you 'borrow' outside these programs before retirement to pay for a trip or a car, the withdrawal is considered income in the year you received the funds and you'll pay hefty taxes.Plus you'll derail your savings goals.

The RRSP Home Buyers' Plan allows you to borrow up to $25,000 tax-free from your RRSP (it can't be locked-in) to put toward a down payment for your primary residence. If you buy a home with a spouse or common-law partner, you're partner can also withdraw up to $25,000. You'll have fifteen years to repay the funds to your RRSP.

The Lifelong Learning Plan (LLP) allows you to withdraw up to $20,000 from your RRSPs to finance training or education for you, your spouse, or your common-law partner. You're annual withdrawal limit is $10,000. You'll have ten years to repay the funds and once they're repaid, you can participate in the plan again (unlimited lifetime participation).

You can't use this program to finance your child's training or education. Check out the Canada Revenue Agency website for more information (cra.gc.ca).

These plans make sense for some people, but there are drawbacks. First, when you take money out of your RRSP, you lose the power of compounded interest and re-invested returns on those funds. Money grows exponentially over time and when you reduce the money in your RRSP account, you earn less interest and sacrifice potential returns — the TSX Composite Index, for example, returned over 10 per cent annualized over the past 50 years. If you withdraw $5,000 at age thirty, for example, that money compounded at 8.5 per cent for twenty-five years adds up to just less than $40,000 (before tax) when you're fifty-five. So you'd miss out on nearly $35,000 in compounded interest and reinvested returns by withdrawing early.

Second, when you repay one-fifteenth (Home Buyers' Plan) or one-tenth (Lifelong Learning Plan) of those borrowed funds each year, you don't get any tax write-offs on those repayments because they aren't considered RRSP contributions; it's not new money.

Third, if you can't repay the minimum amount, you'll be taxed on the difference between what you still owe and what you paid.

The primary benefits of the plans are that first; they promote home ownership and education — both valuable investments. Second; repayments don't impact your annual RRSP deduction limit. Also, if you're flush with cash you can repay earlier.

If you're thinking of buying your first home or going back to school and you can afford not to use these plans, don't. The loss of compounded interest and reinvested returns on your RRSP will seriously impact your net worth goals.

But, if you need to borrow, use these programs and endeavor to repay the money as quickly as possible to avoid losing out on growing your money. Whatever you do, avoid withdrawing from your RRSP outside of these plans.

Don't go in debt to pay for gifts, start saving

Simple ways to cut expenses from now until Christmas that will help ease the cost of gift buying ◐ No need to be a Scrooge if you start saving now

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Keep your holiday gift debt to a minimum by building up a cash cushion now.

How would you like to have no holiday gift debt? Zero. None. Not a dime. Here's how.

According to a moneyville.ca on-line poll the average holiday gift tab will be just over $600 this year. And it will all be spent during the seven weeks between now and Christmas.

With a little bit of belt tightening you will have the cash for holiday presents and no nasty credit card bill in the New Year.

▶ Holiday gift buying can get pricey so start saving up now.

1 Brown bag it. I know you've heard this one before but it really does work. Cut out three lunches a week at $6 a pop. Saved: $126.

2 Can the take out coffee\tea\latte\cappuccino\donut. This is another money saving nag but, as with the brown bag, it really works and once you get used to it the pain of deprivation disappears. Saved: $100 (based on a medium coffee and donut once a day)

3 Scissors and Comb. I've been cutting my husband's hair for 30 years. I also cut my two daughters' hair and now my wiggly grandson. I figure I've saved thousands and one of these days they're going to get an invoice. Cut out one haircut per family member between now and December 25. Saved: $100 (1 adult, 2 children)

4 Do your own. Maybe not your hair! But manicures and pedicures are actually quite relaxing and fun to do on a cold winter evening. Saved: $50

5 Eat In. You can do it! Try to make it to Christmas without eating out at night. Saved: $225. (assuming you would normally eat out three times between now and December 25.)

Total Savings: $601

Those living, working and shopping in the downtown area may scoff at my suburban prices. So take 30 minutes and see what you come up with. I'm betting you could hit $1,000 easily.

Interest rates/ Savings accounts

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Black Friday for Canadians too

Boxing Day isn't the only time Canadians will be able to save big this holiday season.

That's because Black Friday, the busiest American shopping day of the year (the Friday that follows Thanksgiving in the U.S.), has been picking up steam in Canada. Even though it's traditionally an American occasion, Canadian retailers and online retailers that ship to Canada have been making strong showings.

In 2009, major merchants participated including Amazon.com, Apple, Dell, Old Navy, The Source, Newegg, Expedia, Bluenotes, and Zellers.

This year, Black Friday falls on November 26. If you want to track down the best deals and participating retailers, deal hunting websites like RedFlagDeals.com have extensive Black Friday coverage for Canadian shoppers.

▶ Black Friday, the day after U.S. Thanksgiving, is traditionally a great day for sales. That tradition has been spreading to Canada over the past few years.

RedFlagDeals.com founder and shopping expert Derek Szeto explains,

"Canadian retailers are joining the fun. Even if Black Friday isn't a Canadian tradition, it's as good a reason as any to hold a sale and attract customers. More and more Canadian retailers have taken part in recent years, and we expect an even bigger showing in 2010."

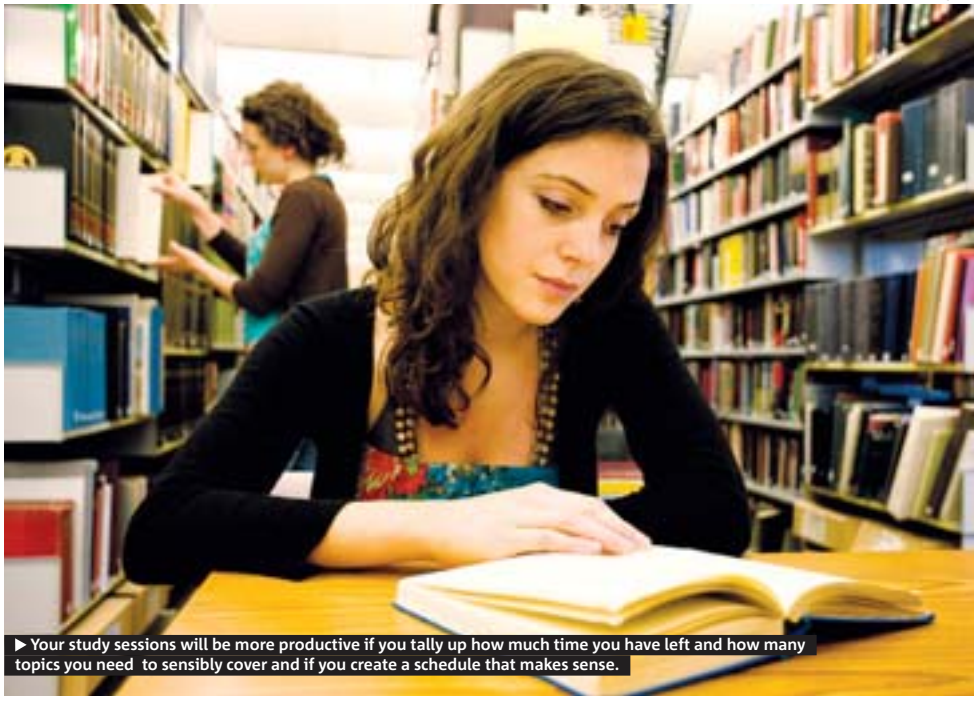
Szeto also thinks that online retail is ideal for the occasion: "Online shopping is the big equalizer. It gives us the option of finding deals from American retailers without having to physically cross the border."

With big savings on the line and the chance to get some holiday shopping done early for less, and it might be time to mark November 26th, this year's Black Friday, on your calendar.

NEWS CANADA

Defeating exam stress

- Healthy lifestyle during mid-term time can keep you stress-free
- Managing stress tied to managing time



▶ Your study sessions will be more productive if you tally up how much time you have left and how many topics you need to sensibly cover and if you create a schedule that makes sense.

RAF BRUSILOW
FOR METRO CANADA

Mid-term exam season can be stressful, but you can survive it if you stay healthy, stay organized and keep your eye on the bigger picture.

Margot Bell, associate director of student development at the University of British Columbia, says good health habits go a long way to keeping you as stress-free as possible during mid-term season.

"You have to take care of your health. Sleep, eat, rest, relax, and it'll make you a better student overall. Health habits tend to shift because students start spending all their time trying to focus on their exams. It all just creates stress by putting you in that pressure cooker," Bell said.

Your study sessions will be more productive if you tally up how much time you have left and how many topics you need to sensibly cover and if you create a schedule that makes sense. Think divide-and-conquer instead of trying to leap headfirst into the endzone.

"Stress management and time management really go hand-in-hand. Set reasonable, manageable goals and divide the work into smaller tasks. Set a schedule that builds in rest time and study time," Bell said.

Most importantly of all, don't get caught up in negative thoughts — regardless of how you do on your midterms, you'll be able to start fresh and try out good habits again with a look towards final exams.

Being prepared in advance is ideal and it's never too late to start implementing good strategies and habits. If you mess up, you can put what you've learned towards December anyways.

Stay positive and energized

Reed Hilton-Eddy, learning strategist at Ryerson University, says constant feelings fatigue can be a classic symptom of being stressed out, so don't make it worse by constantly napping.

"Some forms of stress can make you lethargic and tired," Hilton-Eddy said. "So in those cases a nap might not be the right idea. Do some exercise instead."

A positive outlook can make a huge difference in your stress levels, so remember to think positive.

"Don't say, 'Don't panic.' Instead think, 'I am calm, I am prepared, I am relaxed.' You want to focus on the things you want to happen, not the things you don't," Hilton-Eddy said.

If you feel yourself feeling stressed, take deep, full breaths to get your blood going and to send oxygen to your head. Avoid too much caffeine as it can actually raise your stress levels. RAF BRUSILOW

Mid-term study tips

RAF BRUSILOW
FOR METRO CANADA

Preparing for mid-term exams takes good study habits and a little common sense.

According to Reed Hilton-Eddy, learning strategist at Ryerson University, the ultimate goal of any exam is to test your mastery of the material, so think about what exactly the purpose of your course is — it's likely you'll be able to guess roughly what questions and topics you'll be tested on.

"Put your professor hat on," Hilton-Eddy said. "If you were teaching this course, what would you want people to come away knowing. Professors are not trying to purposefully flunk students, and I don't find that often what they put on a test is a surprise."

Plan specific things to do that will help you study the material rather than just thinking you need to "study" in general.

"I encourage students to avoid that word, study, as it means everything and nothing," Hilton-Eddy said. "Be specific. Think, 'I have one hour, so I'm going to do 10 practice questions,' for example. The more you're actually doing with the material the better you'll grasp it."

Taking breaks is crucial, but be wary of letting yourself slip into procrastination.

"Resist the urge to stop too soon. Obviously breaks are appropriate and necessary, but try to build up a stamina, see how long you can actually stay at the task at hand," Hilton-Eddy said.

Study habits

- Review your notes after each class — you'll retain and understand information better when it's still fresh in your mind.
- Do weekly reviews of what you're learning and approach your professor or teaching assistant with issues as they crop up — they'll be swamped near exam time and you'll get more out of the experience by speaking with them regularly.
- Make use of campus resources for studying and academic support — counsellors can offer you some learning and study strategies that you may not have tried before.
- Start studying at least one week before any mid-term exam and at least 2–3 weeks in advance of a final exam to give yourself enough time to master the material.
- Convert all subheadings in a chapter into exam-type questions.
- Use cue cards with pre-written topics and questions to quiz yourself.
- Mnemonics and acronyms do work – use whatever memory aid works best for you to remember challenging data.
- Have a routine the night before an exam — check where the exam is being held, prepare a lunch or breakfast in advance, find something that helps you relax before you go to bed.

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Self-talk helps, says prof

The most frequent self-talk topic — external appearance 97 per cent of people admit to self-talk

LAURENCE HEINEN
FOR METRO CALGARY

Dr. Alain Morin fully admits that he talks to himself.

"Of course I do," said the Mount Royal University professor, who teaches classes in social cognition and theories of personality.

"I do all the time, so that's probably why I developed an interest in this topic. I constantly engage in a conversation with myself and I assume that others do."

Along with Mount Royal colleague Bob Uttl and research assistant Breanne Hamper, Morin conducted a study on inner speech — also known as self-talk — to find out just what people talk to themselves about (see sidebar).

SUBMITTED

▶ Dr. Alain Morin conducted a study on inner speech — or self-talk — to find out what we talk to ourselves about.

Morin said that almost 97 per cent of people admit to talking to themselves whether it be out loud or through silent verbal thinking.

"It's not a sign of being mentally insane or anything of that sort," he said. "It's actually very healthy because when you talk to yourself you plan, you solve problems, you engage in emotional release instead of keeping everything inside."

Being positive is obviously better than negative self-talk, Morin added.

"If you say nasty things to others or to yourself, it's likely going to lead to negative results," said Morin, while noting that inner speech can sometimes become dysfunctional. "The only occasion when it's going to be very problematic is if you hear voices and you think someone else is doing the talking."

Data

- Preliminary results of the study — entitled What Do People Talk to Themselves About? — were presented in Halifax last June.
- Based on open-ended reports from more than 70 undergraduate students, the inner speech study determined that the most frequent topics of self-talk were external appearance, school and future/ideal self.
- The most frequently reported functions of inner speech were in regards to planning/tasks to do, self-motivating speech and problem solving/making decisions/debating.
- With more participants and a better recording system, Morin said the study has been expanded and hopes that the results will eventually be published in a scientific journal.

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Getting ready to shine

JESSICA PATTERSON
FOR METRO CALGARY

Katie Kimber is gearing up for the Alberta College of Art and Design (ACAD)'s annual Winter Show Sale. The show, held bi-annually, features work from student designers and artisans.

"It's a very rare opportunity for the public to come in to ACAD and purchase works of art, craft and design from young and emerging artists," says Kimber, the show coordinator.

ACAD show

- Featured will be work from all of the ACAD departments, from ceramics, to design, drawing, fibre, glass, jewellery and metals, media arts, painting, photography, print media and sculpture.
- At the Alberta College of Art and Design Main Mall, 1407 14th Ave. NW. Located next to the Jubilee Auditorium C-train station.
- Hours are Thursday November 25th, 3 p.m. - 9 p.m.; Friday November 26th, 1 p.m. - 9 p.m.; Saturday November 27th, 11 a.m. -5 p.m.
- Admission is free
- Visa, Mastercard, debit and cash are accepted.

The show and sale has been held at ACAD for over 20 years. Last year, the show saw 250 students participate. And hundreds of Calgarians came out to support them and check out their work.

"All of the proceeds go to the artists to fund and invest in their careers," Kimber says. "It's a way to invest in future artists."

And, get great presents for Christmas.

For some of the ACAD students, the show and sale could be the first time presenting their work to the public.

To that end, Kimber says the college is giving a mandatory information session to the students.

"It's a real opportunity for professional development for these students to make connections now with the public, so they can start building rapport with Calgary customers."

The Winter Art Show and Sale is one of the most important events of the year for ACAD. There are no reproductions, only original work by ACAD student artists.

"We're really emphasizing quality," says Kimber. "We have some really fine work; a lot of it is one-of-a-kind."

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'One more gold for Canada'

Mount Royal alumnus, David Pierce, wins Emmy for 2010 Olympic Games score

JESSICA PATTERSON
FOR METRO CALGARY

It's been two months since David Pierce won his Olympic gold.

Pierce, the music director for the Vancouver 2010 Olympic Games, composed the score for the opening ceremonies, closing ceremonies and medal ceremonies. The score was comprised of over five hours of original music, whittled down from 500-plus hours of orchestral recordings.

Creating the Olympic score was a 22-year journey for the Mount Royal Conservatory alumnus, who confesses his inspiration came from the '88 Winter Games score created by fellow Canadian composer David Foster.

"Growing up in Calgary, I saw the Winter Games and made a promise to myself — the next time it came to Canada, I wanted to be the person responsible for the music," Pierce says.

Once he was involved with the 2010 Vancouver Games, he became friends with some of the Canadian Olympic athletes and says his inspiration for the medal ceremonies came from them. Over the course of the Games, Pierce spent a great number of nights watching the golds, silvers and bronzes being presented while the score he wrote was playing.

In August, Pierce won an Emmy for Outstanding Music Direction, beating out fellow nominee David Foster.

"I wasn't expecting it at all," Pierce says. "It was a great surprise. After I'd won the award, I was happy to say, "One more gold for Canada."

Collaborations

- Pierce has worked with an A - Z of popular Canadian musical artists, arranging music for Bryan Adams, Jann Arden, Michael Bublé, Petula Clark, Nelly Furtado, kd lang, Sarah McLachlan, Alanis Morissette, Tommy Tune and Carrie Underwood.

SUBMITTED

▶ David Pierce accepting his Emmy for Outstanding Music Direction for composing the score of the 2010 Olympic Winter Games.

Another score for composer

Pierce, who's resume reads like a who's who of popular Canadian music, is amping up for his next big spectacle: The 2011 Calgary Stampede Grandstand Show.

"We have a great show coming this July, called 'Volpe.' It's a groundbreaking new production for the Stampede," the composer says. "This is a monumental change for the Stampede. This one, by far, will be a very exciting, creative venture for everyone involved."

Right now, there's a certain amount of secrecy surrounding the 2011 show, Pierce says.

JESSICA PATTERSON

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‘Points you lose now, you never get back’

Flames look to halt four-game skid, get back into contention during road trip

PAUL BATTAGLIA/THE ASSOCIATED PRESS

▶ Minnesota Wild winger Cal Clutterbuck scores over Calgary Flames goalie Miikka Kiprusoff in Friday’s game. The Wild won 2-1.

With eight of their next 10 games on the road, the Calgary Flames have a tough task ahead of them to get back into contention in the Northwest Division.

Mired in a four-game losing streak, the Flames (6-7-0) will have to find a way to turn around their misfortunes while away from the friendly confines of the Scotiabank Saddledome.

“We’ve got to take care of our business, obviously, and we’ve got to win games,” said head coach Brent Sutter after a practice yesterday morning.

“The points you lose now, you never get back. You don’t want to allow the field to get away from you. We have to keep up with the pace and try to accumulate as many points as we can.”

The Flames continue their current four-game road trip tonight (7:30 p.m.) in Denver against the Colorado Avalanche (7-5-1).

Calgary’s slump started against Colorado at home on Oct. 28 when the Flames let leads of 3-1 and 4-3 slip away en route to a disappointing 6-5 setback.

“We’ve been the most successful this year when we put pucks in deep and we play in the opposition’s end,” said forward Alex Tanguay, adding that the Flames had the Avs on the ropes only to let them back in the game. “We can’t let down. It came back to haunt us the first time we played them.”

During Calgary’s current losing skid, Tanguay said the players have maintained a positive attitude that they can turn things around.

“Our record doesn’t indicate the way we feel about our team,” he said. “It’s just time to go improve it. It’s still early in the year, but it’s a big road trip for us. We don’t want to get too far behind.

“It’s just up to us to go win some road games ... and that way our fans will be happy when we get back.”

While they currently sit third last in the Western Conference standings, the Flames are only four points out of eighth spot and just eight points behind the front-running St. Louis Blues (9-1-2) and L.A. Kings (10-3-0).

“We still feel we’re in a position where we can be successful, but we have to turn it around quickly,” Tanguay said. “You don’t want to lose another two or three and then be really behind the eight ball just to get yourself in the playoffs.

“Now if we win two, three games we’re right back where we want to be and that’s the way we’re looking at it. We feel confident that we have the ability to do it.”

THE CANADIAN PRESS

Hall of Fame

- The Hockey Hall of Fame has opened its doors to women for the first time.
- Canadian **Angela James** and American **Cammi Granato** each received their rings from the Hall yesterday morning.
- They were inducted alongside former NHLer **Dino Ciccarelli** and builder **Jim Devellano.**
- The late **Daryl (Doc) Seaman**, one of the founders of the Calgary Flames, was also admitted.

Ugly season costs Phillips his job with Cowboys

Wade Phillips was fired yesterday as coach of the Dallas Cowboys, with offensive co-ordinator Jason Garrett promoted to take his place.

Garrett played for the Ottawa Rough Riders in 1992.

Owner/general manager Jerry Jones decided enough was enough following a 45-7 loss to the Green Bay Packers the night before. It was the Cowboys’ fifth straight loss, dropping them to 1-7.

34-22

Phillips’s record over 4½ seasons guiding the Cowboys.

“We are grateful to Wade and his contribution to the Cowboys, leading us,” Jones said. “We also clearly understand we are not where we want to be at this time, and that’s an understatement. We share the responsibility — all of us.”

This is the Cowboys’ worst season since 1989 and among the worst in franchise history by record alone. Realistically, it’s the low point considering Dallas was coming off a division title and a playoff win, and was expected to contend for the Super Bowl that’ll be held at Cowboys Stadium.

THE ASSOCIATED PRESS

Sports in brief

Lee not in any rush to sign

MLB. Cliff Lee will be taking a slow approach to free agency. “We’re just gathering information. That’s always the early stages of this process,” agent Darek Braunecker said yesterday, a day after the former AL Cy Young Award winner became a free agent.

THE ASSOCIATED PRESS

Als president steps down

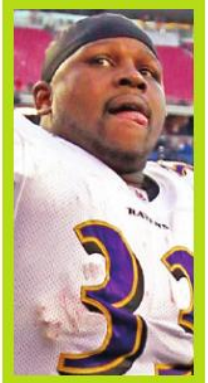
CFL. Montreal Alouettes president Larry Smith is stepping down.

The 59-year-old says he felt it was time for a change, both for him and for the club.

THE CANADIAN PRESS

4 sports

Quoted



“Spit came out of my mouth when I said something to the dude, and that was it. It wasn’t on purpose. I’m not that kind of player.”

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NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	14	10	4	0	0	47	34	20	7-1-0-0	3-3-0-0	7-3-0-0	W4
d-Philadelphia	15	9	4	2	0	45	34	20	6-3-0-0	3-1-2-0	7-2-1-0	L1
d-Montreal	14	8	5	1	0	34	33	17	3-3-1-0	5-2-0-0	6-4-0-0	L1
Tampa Bay	13	7	4	2	0	39	39	16	3-1-1-0	4-3-1-0	4-4-2-0	L3
Boston	11	7	3	0	1	33	20	15	2-2-0-1	5-1-0-0	7-2-0-1	L2
NY Rangers	14	7	6	1	0	38	38	15	2-4-1-0	5-2-0-0	6-4-0-0	L1
Ottawa	14	7	6	1	0	36	40	15	4-3-0-0	3-3-1-0	6-4-0-0	W3
Atlanta	14	6	5	1	2	44	51	15	2-3-0-1	4-2-1-1	4-3-1-2	L2
Pittsburgh	15	7	7	1	0	43	39	15	2-4-0-0	5-3-1-0	5-4-1-0	W1
Carolina	14	7	7	0	0	42	44	14	3-2-0-0	4-5-0-0	5-5-0-0	W1
Toronto	13	5	5	1	2	31	34	13	3-3-1-1	2-2-0-1	2-5-1-2	L5
Florida	12	5	7	0	0	36	33	10	3-2-0-0	2-5-0-0	5-5-0-0	L1
NY Islanders	14	4	8	1	1	35	50	10	2-2-0-1	2-6-1-0	3-7-0-0	L7
Buffalo	15	4	9	2	0	37	48	10	0-6-1-0	4-3-1-0	3-6-1-0	W1
New Jersey	15	4	10	1	0	25	48	9	0-5-1-0	4-5-0-0	3-7-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-St. Louis	12	9	1	1	1	32	18	20	6-0-0-0	3-1-1-1	7-1-1-1	W7
d-Los Angeles	13	10	3	0	0	39	26	20	6-0-0-0	4-3-0-0	8-2-0-0	W4
d-Vancouver	13	8	3	0	2	40	32	18	6-0-0-1	2-3-0-1	7-2-0-1	W6
Detroit	13	9	3	0	1	42	34	19	5-1-0-1	4-2-0-0	6-3-1-0	W1
Chicago	17	8	8	1	0	50	51	17	4-4-0-0	4-2-1-0	4-6-0-0	L1
Minnesota	13	7	4	0	2	32	30	16	5-3-0-1	2-1-0-1	6-3-0-1	W3
Dallas	13	8	5	0	0	43	37	16	5-3-0-0	3-2-0-0	5-5-0-0	L1
Columbus	13	8	5	0	0	32	32	16	4-4-0-0	4-1-0-0	7-3-0-0	L1
Colorado	13	7	5	1	0	45	42	15	3-3-0-0	4-2-1-0	5-4-1-0	W1
Anaheim	15	7	7	0	1	40	50	15	5-1-0-1	2-6-0-0	6-4-0-0	W3
San Jose	12	6	4	2	0	34	30	13	3-2-1-0	3-3-0-0	5-5-0-0	W1
Nashville	13	5	5	3	0	31	38	13	2-1-3-0	3-4-0-0	2-5-3-0	L5
Phoenix	14	4	5	4	1	35	55	13	2-2-2-1	2-3-2-0	3-3-3-1	L3
Calgary	13	6	7	0	0	35	38	12	4-4-0-0	2-3-0-0	5-5-0-0	L4
Edmonton	12	4	6	0	2	34	41	10	2-4-0-0	2-2-0-2	2-6-0-2	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's result
Detroit 3 Phoenix 2 (OT)
Sunday's results
Edmonton 2 Chicago 1
Anaheim 5 Nashville 4
St. Louis 2 N.Y. Rangers 0
Washington 3 Philadelphia 2 (OT)
Saturday Results
Ottawa 3 Montreal 2
Vancouver 6 Detroit 4
Buffalo 3 Toronto 2 (SO)
Carolina 3 Florida 2
Chicago 5 Atlanta 4 (SO)
Colorado 5 Dallas 0
Los Angeles 4 Nashville 1
Minnesota 3 Columbus 2
Philadelphia 2 N.Y. Islanders 1
Pittsburgh 4 Phoenix 3 (SO)
San Jose 5 Tampa Bay 2
St. Louis 2 Boston 1 (SO)
Tonight's games
(All times Eastern)
Washington at N.Y. Rangers, 7 p.m.
Edmonton at Carolina, 7 p.m.
Vancouver at Montreal, 7:30 p.m.
Atlanta at Ottawa, 7:30 p.m.
Toronto at Tampa Bay, 7:30 p.m.
Calgary at Colorado, 9:30 p.m.
Anaheim at San Jose, 10:30 p.m.

SCORING LEADERS

	G	A	PT
Stamkos, TB	11	11	22
Crosby, Pgh	9	10	19
Ovechkin, Wash	8	10	18
B.Richards, Dal	6	12	18
Sharp, Chi	10	7	17
Selanne, Ana	7	10	17
Getzlaf, Ana	6	11	17
Eriksson, Dal	9	7	16
D.Sedin, Vcr	9	7	16
C.Stewart, Col	9	7	16
H.Sedin, Vcr	2	14	16
Semin, Wash	9	6	15
Datsyuk, Det	6	9	15
Heatley, SJ	6	9	15
P.Kane, Chi	6	9	15
Perry, Ana	5	10	15
J.Thornton, SJ	5	10	15
Zetterberg, Det	4	11	15
Lidstrom, Det	2	13	15
Dubinsky, NYR	10	4	14
Giroux, Pha	7	7	14
Roy, Buf	7	7	14
St. Louis, TB	6	8	14
J.Williams, LA	6	8	14
Hejduk, Col	5	9	14
Ryan, Ana	5	9	14
Toews, Chi	5	9	14
Backstrom, Wash	4	10	14
Marleau, SJ	6	7	13
Byfuglien, Atl	5	8	13
P.Stastny, Col	5	8	13
Callahan, NYR	4	9	13
Ladd, Atl	4	9	13
M.Koivu, Minn	3	10	13
Letang, Pgh	3	10	13
M.Richards, Pha	3	10	13
Visnovsky, Ana	2	11	13
Ribeiro, Dal	0	13	13
Alfredsson, Ott	6	6	12
Neal, Dal	5	7	12
Stoll, LA	5	7	12
Skinner, Car	5	7	12
Cullen, Minn	3	9	12
Leino, Pha	3	9	12
Wisniewski, NYI	2	10	12
Keith, Chi	1	11	12
Hossa, Chi	7	4	11
MacArthur, Tor	7	4	11
Horton, Bos	6	5	11
E.Staal, Car	6	5	11
J.Carter, Pha	5	6	11
Plekanec, Mtl	5	6	11
Kopitar, LA	4	7	11
Anisimov, NYR	3	8	11
Morrison, Cal	3	8	11
Duchene, Col	2	9	11
Enstrom, Atl	2	9	11
Liles, Col	0	11	11
R.Bourque, Cal	7	3	10
Kostitsyn, Mtl	6	4	10
Moulson, NYI	6	4	10
Booth, Fla	5	5	10
Lucic, Bos	5	5	10
Halpern, Mtl	4	6	10
Hemsky, Edm	4	6	10
Malhotra, Vcr	4	6	10
Malkin, Pgh	4	6	10
Bertuzzi, Det	2	8	10
Gonchar, Ott	2	8	10
Krejci, Bos	2	8	10
Peverley, Atl	2	8	10
Edler, Vcr	1	9	10
Oshie, StL	1	9	10
Whitney, Edm	0	10	10
E.Kane, Atl	7	2	9

NBA

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New Jersey	2	4	.333	3
Philadelphia	2	5	.286	3½
Toronto	1	6	.143	4½

SOUTHEAST DIVISION

	W	L	Pct	GB
Orlando	5	1	.833	—
Atlanta	6	2	.750	—
Miami	5	2	.714	½
Washington	1	4	.200	3½
Charlotte	1	6	.143	4½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	3	3	.500	—
Cleveland	3	3	.500	—
Indiana	2	3	.400	½
Detroit	2	5	.286	1½
Milwaukee	2	5	.286	1½

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	Pct	GB
New Orleans	6	0	1.000	—
San Antonio	5	1	.833	1
Dallas	4	2	.667	2
Memphis	4	4	.500	3
Houston	1	5	.167	5

NORTHWEST DIVISION

	W	L	Pct	GB
Portland	5	3	.625	—
Denver	4	3	.571	½
Oklahoma City	3	3	.500	1
Utah	3	3	.500	1
Minnesota	1	6	.143	3½

PACIFIC DIVISION

	W	L	Pct	GB
L.A. Lakers	7	0	1.000	—
Golden State	5	2	.714	2
Sacramento	3	3	.500	3½
Phoenix	3	4	.429	4
L.A. Clippers	1	6	.143	6

Last night's results
San Antonio 95, Charlotte 91
Orlando 93, Atlanta 89
Golden State 109, Toronto 102
Chicago 94 Denver 92
Memphis 109, Phoenix 99
Dallas 89, Boston 87
Sunday's results
Philadelphia 106, New York 96
Phoenix 118, Atlanta 114
Detroit 102, Golden State 97
Houston 120, Minnesota 94
Boston 92, Oklahoma City 83
L.A. Lakers 121, Portland 96
Tonight's games
(All times Eastern)
Denver at Indiana, 7 p.m.
Cleveland at New Jersey, 7 p.m.
Utah at Miami, 7:30 p.m.
New York at Milwaukee, 8 p.m.
L.A. Clippers at New Orleans, 8 p.m.
Detroit at Portland, 10 p.m.
Minnesota at L.A. Lakers, 10:30 p.m.

WARRIORS 109, RAPTORS 102

GOLDEN STATE (109)
D.Wright 1-5 4-4 7, Lee 6-11 2-2 14, Biedrins 4-5 0-2 8, Curry 12-21 8-8 34, Ellis 10-17 7-9 28, B.Wright 4-8 0-1 8, Lin 0-2 3-4 3, Carney 2-3 0-0 5, Williams 0-1 2-2 2, Radmanovic 0-1 0-0 0. Totals 39-74 26-32 109.
TORONTO (102)
Kleiza 8-16 2-4 20, Evans 0-2 0-0 0, Bargnani 5-10 0-0 11, Jack 7-13 9-10 24, DeRozan 4-8 0-0 8, Andersen 3-6 2-2 8, Barbosa 3-8 1-2 7, Calderon 0-4 0-0 0, Johnson 3-7 6-7 12, Weems 5-9 2-2 12. Totals 38-83 22-27 102.

Golden State	26	29	29	25	109
Toronto	19	22	31	30	102

3-Point Goals—Golden State 5-16 (Curry 2-4, Carney 1-2, Ellis 1-3, D.Wright 1-4, Lin 0-1, Radmanovic 0-1, Williams 0-1), Toronto 4-14 (Kleiza 2-7, Bargnani 1-1, Jack 1-3, Andersen 0-1, Barbosa 0-2). Fouled Out—Lee. Rebounds—Golden State 50 (Lee 12), Toronto 41 (Kleiza 7). Assists—Golden State 19 (Curry 4), Toronto 19 (Jack 8). Total Fouls—Golden State 26, Toronto 23. Technicals—Toronto defensive three second. A—14,127 (19,800) at Toronto.

GOLF

WORLD GOLF RANKING

THROUGH NOV. 7

1. Lee Westwood	Eng	8.84
2. Tiger Woods	USA	8.21
3. Martin Kaymer	Ger	7.96
4. Phil Mickelson	USA	7.73
5. Steve Stricker	USA	7.07
6. Jim Furyk	USA	6.98
7. Paul Casey	Eng	6.27
8. Luke Donald	Eng	5.97
9. Rory McIlroy	NIr	5.53
10. Graeme McDowell	NIr	5.41
11. Matt Kuchar	USA	5.28
12. Ernie Els	SAf	5.22
13. Dustin Johnson	USA	5.04
14. Francesco Molinari	Ita	4.58
15. Ian Poulter	Eng	4.55
16. Hunter Mahan	USA	4.40
17. Edoardo Molinari	Ita	4.38
18. Retief Goosen	SAf	4.35
19. Zach Johnson	USA	4.07
20. Padraig Harrington	Irl	4.03
21. Robert Allenby	Aus	3.91
22. Louis Oosthuizen	SAf	3.85
23. Anthony Kim	USA	3.83
24. Bubba Watson	USA	3.70
25. Justin Rose	Eng	3.66
26. Miguel Angel Jimenez	Esp	3.59
27. Ross Fisher	Eng	3.58
28. Rickie Fowler	USA	3.57
29. Nick Watney	USA	3.55
30. Camilo Villegas	Col	3.45
31. Tim Clark	SAf	3.39
32. Sean O'Hair	USA	3.35
33. Charl Schwartzel	SAf	3.34
34. Jason Day	Aus	3.34
35. Ben Crane	USA	3.32
36. Robert Karlsson	Swe	3.28
37. Y.E. Yang	Kor	3.17
38. Geoff Ogilvy	Aus	3.15
39. Peter Hanson	Swe	3.11
40. Kim Kyung-Tae	Kor	3.10
41. Adam Scott	Aus	3.05
42. Ryan Moore	USA	3.04
43. Bo Van Pelt	USA	3.01
44. Stewart Cink	USA	3.00
45. K.J. Choi	Kor	2.86
45. Ryo Ishikawa	Jpn	2.86
47. Henrik Stenson	Swe	2.80
48. Martin Laird	Sco	2.79
49. Lucas Glover	USA	2.74
50. Jeff Overton	USA	2.73
51. Charley Hoffman	USA	2.71
52. Angel Cabrera	Arg	2.71
53. Alvaro Quiros	Esp	2.63
54. Yuta Ikeda	Jpn	2.58
55. Heath Slocum	USA	2.54
56. Ryan Palmer	USA	2.43
57. Bill Haas	USA	2.39
58. Kevin Na	USA	2.32
59. Kenny Perry	USA	2.30
60. Richard Green	Aus	2.29
61. Scott Verplank	USA	2.21
62. Hiroyuki Fujita	Jpn	2.20
63. J.B. Holmes	USA	2.20
64. Rhys Davies	Wal	2.15
65. Liang Wen-Chong	Chn	2.09
66. Noh Seung-yul	Kor	2.06
67. David Toms	USA	2.05
68. Fredrik Andersson Hed	Swe	2.04
69. Danny Willett	Eng	2.02
70. Sergio Garcia	Esp	2.02
71. Brian Davis	Eng	2.00
72. Ricky Barnes	USA	1.96
Also		
102. Stephen Ames	**Cda**	**1.52**
142. Mike Weir	**Cda**	**1.27**

SOCCER

SPAIN

LA LIGA

Yesterday's result
Sevilla 2, Valencia 0

MLS PLAYOFFS

EASTERN CONFERENCE CHAMPIONSHIP
Saturday's games
San Jose at Colorado, 9:30 p.m.
WESTERN CONFERENCE CHAMPIONSHIP
Sunday's game
FC Dallas at Los Angeles, 9 p.m.

TRANSACTIONS

BASEBALL

MLB

LEAGUE OFFICE—Announced Tohoku Rakuten (Japan Pacific League) has accepted Oakland's bid for the negotiating rights to RHP Hisashi Iwakuma.

AMERICAN LEAGUE

DETROIT TIGERS—Agreed to terms with SS Jhonny Peralta on a two-year contract.
TORONTO BLUE JAYS—Named Don Wakamatsu bench coach, Dwayne Murphy hitting coach, Torey Lovullo first-base coach and Pat Hentgen bullpen coach.

NATIONAL LEAGUE

NEW YORK METS—Named Paul DePodesta vice president, player development and amateur scouting.
PITTSBURGH PIRATES—Agreed to terms with LHP Justin Thomas on a minor league contract.

AMERICAN ASSOCIATION

GARY SOUTHSHORE RAILCATS—Acquired INF Brian Kolb from Evansville (Frontier) to complete an earlier trade.

FOOTBALL

NFL

CINCINNATI BENGALS—Signed DT Clinton McDonald from the practice squad. Waived CB Rico Murray.
DALLAS COWBOYS—Fired coach Wade Phillips. Promoted offensive coordinator Jason Garrett to head coach.
GREEN BAY PACKERS—Released CB Al Harris.
KANSAS CITY CHIEFS—Signed LB Derrick Johnson to a five-year contract extension.
WASHINGTON REDSKINS—Placed S Chris Horton on injured reserve.

SOCCER

MISL

BALTIMORE BLAST—Signed D Pat Morris and G Nick Hovaker. Acquired F Worteh Sampson from Missouri for future considerations.

HOCKEY

NHL

CHICAGO BLACKHAWKS—Assigned F Jeremy Morin to Rockford (AHL).
MONTREAL CANADIENS—Waived F Dustin Boyd.
NEW JERSEY DEVILS—Placed LW Zach Parise on injured reserve. Activated D Matt Corrente from injured reserve. Recalled RW Mattias Tedenby from Albany (AHL).
NEW YORK RANGERS—Assigned F Evgeny Grachev to Hartford (AHL).
OTTAWA SENATORS—Reassigned F Zack Smith to Binghamton (AHL).
ST. LOUIS BLUES—Assigned F Nick Drazenovic to Peoria (AHL).
TAMPA BAY LIGHTNING—Named Martha Fuller chief financial officer.

AHL

CHICAGO WOLVES—Reassigned D Dave Phillips to Toledo (ECHL). Central Hockey League
LAREDO BUCKS—Traded F Matt Robinson to Wichita for future considerations. Signed F Darryl Smith.
RIO GRANDE VALLEY KILLER BEES—Placed F Greg Holt on waivers. Signed F Ryan McLeod and F Anton Kharin.
TULSA OILERS—Placed F Jason Weeks on waivers.

CFL

WEEK 20

PLAYOFFS

Sunday's games
Division Semifinals
East Division
Toronto at Hamilton, 1 p.m.
West Division
B.C. at Saskatchewan, 4:30 p.m.

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Jets	6	2	0	.750	182	130
New England	6	2	0	.750	219	188
Miami	4	4	0	.500	143	175
Buffalo	0	8	0	.000	150	233

SOUTH	W	L	T	Pct	PF	PA
Tennessee	5	3	0	.625	224	150
Indianapolis	5	3	0	.625	217	168
Jacksonville	4	4	0	.500	165	226
Houston	4	4	0	.500	193	226

NORTH	W	L	T	Pct	PF	PA
Baltimore	6	2	0	.750	175	139
Pittsburgh	6	2	0	.750	174	123
Cleveland	3	5	0	.375	152	156
Cincinnati	2	6	0	.250	167	190

WEST	W	L	T	Pct	PF	PA
Kansas City	5	3	0	.625	183	145
Oakland	5	4	0	.556	235	188
San Diego	4	5	0	.444	239	197
Denver	2	6	0	.250	154	223

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Giants	6	2	0	.750	216	160
Philadelphia	5	3	0	.625	198	181
Washington	4	4	0	.500	155	170
Dallas	1	7	0	.125	161	232

SOUTH	W	L	T	Pct	PF	PA
Atlanta	6	2	0	.750	196	154
New Orleans	6	3	0	.667	201	151
Tampa Bay	5	3	0	.625	157	190
Carolina	1	7	0	.125	88	184

NORTH	W	L	T	Pct	PF	PA
Green Bay	6	3	0	.667	221	143
Chicago	5	3	0	.625	148	133
Minnesota	3	5	0	.375	156	168
Detroit	2	6	0	.250	203	188

WEST	W	L	T	Pct	PF	PA
St. Louis	4	4	0	.500	140	141
Seattle	4	4	0	.500	130	181
Arizona	3	5	0	.375	157	225
San Francisco	2	6	0	.250	137	178

WEEK NINE

Byes: Denver, Jacksonville, San Francisco, St. Louis, Tennessee, Washington
Last night's result
Pittsburgh 27 Cincinnati 21
Yesterday's results
Atlanta 27 Tampa Bay 21
Baltimore 26 Miami 10
Cleveland 34 New England 14
Minnesota 27 Arizona 24 (OT)
New Orleans 34 Carolina 3
N.Y. Giants 41 Seattle 7
N.Y. Jets 23 Detroit 20 (OT)
Oakland 23 Kansas City 20 (OT)
Philadelphia 26 Indianapolis 24
San Diego 29 Houston 23
Green Bay 45 Dallas 7
At Toronto
Chicago 22 Buffalo 19

WEEK 10

Byes: Green Bay, New Orleans, Oakland, San Diego
(All times Eastern)
Thursday's game
Baltimore at Atlanta, 8:20 p.m.
Sunday, Nov. 14
Minnesota at Chicago, 1 p.m.
Tennessee at Miami, 1 p.m.
Detroit at Buffalo, 1 p.m.
Houston at Jacksonville, 1 p.m.
N.Y. Jets at Cleveland, 1 p.m.
Cincinnati at Indianapolis, 1 p.m.
Carolina at Tampa Bay, 1 p.m.
Kansas City at Denver, 4:05 p.m.
Dallas at N.Y. Giants, 4:15 p.m.
St. Louis at San Francisco, 4:15 p.m.
Seattle at Arizona, 4:15 p.m.
New England at Pittsburgh, 8:20 p.m.
Monday, Nov. 15
Philadelphia at Washington, 8:30 p.m.

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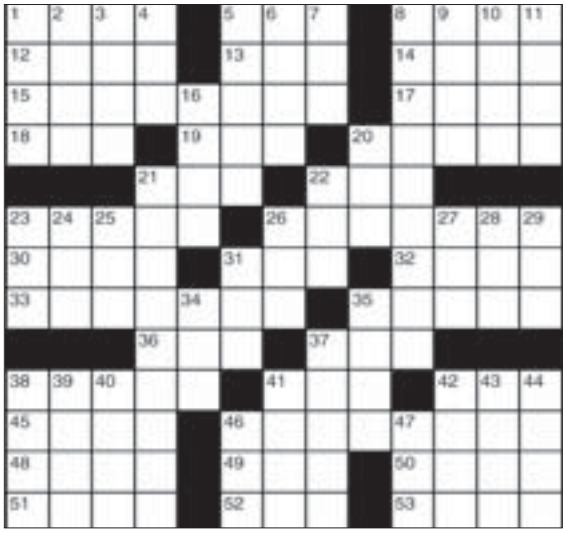
metro play

Crossword



Across

1 Typeface option
5 Coll. transcript no.
8 Afrikaner
12 Unsigned (Abbr.)
13 Antiquated
14 Busy with
15 Imaginary objects of fear
17 Weaponry
18 Donkey
19 Allow
20 English composition
21 Pleasure
22 PC peripheral connection
23 Molded jelly
26 Investigation
30 — moss
31 Chinese chairman of yore
32 Zilch
33 Kodak inventor George
35 Karenina and Kournikova
36 Dine on
37 Hobbyist's abbr.
38 Tusk material
41 Scarlet
42 "Eureka!"
45 Branch
46 Virus that withstands medication
48 Stead
49 Favorite
50 Christmas
51 Vocalize
52 Blond shade
53 Greek vowels

Down

1 Ali —
2 Responsibility
3 Fireplace supply
4 Genetic evidence
5 Viscous
6 Contrive
7 Billboards
8 Fudd foe
9 Piece of work
10 Sicilian spouter
11 Optimistic
16 United nations
20 Barrister's title (Abbr.)
21 Jazzy two-step
22 Popular card game
23 Mimic
24 Caribbean, e.g.
25 — de deux
26 Author Fleming
27 Charged bit
28 Cousin of 4-Down
29 "Of course"
31 Wrestling surface
34 Spring month
35 Staffer
37 Profundity
38 Woes
39 Henry —
40 Portent
41 Wishes otherwise
42 Touch
43 Hawaiian dance
44 Census statistics
46 Resort
47 "Catcher in the —"

▶ Yesterday's answer

Sudoku

			3		7	6		9
9	6		4					5
					2			
	3	4	7				9	8
1	7				8	2	4	
			9					
4					5		7	1
8		6	2		3			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Alysha, you're optimistic, fun, kind and beautiful. You remind me of who I strive to be. When you fall asleep on my shoulder, I wish time wouldn't go so fast. Can't wait for tonight, ~ **DAVID**

Da Bunny,
My beautiful sweet one, I belong to you. Your essence, energy, spirit & love are as amazing as the morning sun. I'll love you alwiz, **ROOSTER.**

Happy Birthday to Tatiana (TK) — best mom in the world. Your contagious energy is inspiring to everyone! Wishing you all the best on your special day! **LOVE, MARINA, SERGE, SID**

Panda, our horoscopes say we were made for each other! You make me deliriously and hopelessly in love and my heart has now cosmic-supernova grown for you. **YOUR PINK FLAMINGO**

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min -5°	Min -5°	Min -6°
Max 5°	Max 3°	Max 3°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20
Have as much fun as you can handle today and don't feel in the least bit guilty about it. You will enjoy yourself more if you go out with friends than if you stay close to home.

♉ Taurus April 21-May 21 Even if you are the kind of Taurus who prefers to keep your feelings under wraps you will open your heart to the world today. Others won't laugh at you.

♊ Gemini May 22-June 21 If opposites really do attract you will find yourself getting along with someone today who, on the surface, is about as different to you as chalk is to cheese. In fact you are two parts to a single whole.

♋ Cancer June 22-July 22
Sometimes your old-fashioned way of doing things works in your favor and sometimes it doesn't, but today it is much more likely to be the former.

♌ Leo July 23-Aug.23 You feel like you could take on the world and win, and maybe you could, but don't scatter your energy in all directions when there is one specific task that needs to be done.

♍ Virgo Aug. 24- Sept. 22 What happens today may take you by surprise but if you think about it you will realize you have been through similar situations on numerous previous occasions, so why worry? There really is nothing new under the sun.

♎ Libra Sept. 23-Oct. 23 No matter how many things have gone wrong in the past everything will go right for you today, especially socially where, for one reason or another, you have not been at your best in recent weeks.

♏ Scorpio Oct. 24-Nov. 22 Stay calm and use logic, rather than emotion to solve a problem that has defeated many good people. The trick is to see what is actually there, rather than what you want to see.

♐ Sagittarius Nov. 23-Dec. 21 Mercury in your sign will help you think and see clearly. Others will be amazed at how quickly you reach the correct decision and will see you as some kind of guru.

♑ Capricorn Dec. 22-Jan. 20
A more introvert phase has begun and you have no desire to spend your valuable time partying or pursuing aims that are ultimately self-defeating.

♒ Aquarius Jan. 21-Feb. 18
You don't have to defend your beliefs against people who seem to delight in knocking down dreams they don't understand. If you are happy with what you see as the truth that's all that matters.

♓ Pisces Feb. 19-March 20
Mercury, planet of communication, is moving through the career area of your chart, so if you need to reach out to bosses and other important people now is as good a time as any. **SALLY BROMPTON**

Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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MEXICO

Puerto Vallarta/Riviera Nayarit

Dreams Villamagna Nuevo Vallarta • 4 1/2★
Unlimited-Luxury®
Junior suite tropical view with jacuzzi
Nov. 20 & 27 • 1 wk.
PRIVILEGES $979
+Taxes & other fees: $283

Cancun/Riviera Maya

Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Jan. 30 • 1 wk.
$1299
+Taxes & other fees: $246

Gran Bahia Principe Coba • 5★
All-Inclusive • Junior suite
Jan. 30 • 1 wk.
$1329
+Taxes & other fees: $246

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Traditional standard rm.
Dec. 20 • 1 wk.
FREE upgrade to oceanfront rm.
PRIVILEGES $1229
+Taxes & other fees: $281

DOMINICAN REPUBLIC

Punta Cana

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Dec. 21 • 1 wk.
$1399
+Taxes & other fees: $309

Gran Bahia Principe Punta Cana • 4 1/2★
All-Inclusive • Junior suite
Dec. 28 • 1 wk.
$1689
+Taxes & other fees: $309

CUBA

Santa Clara

Royal Hideaway Ensenachos • 5★
All-Inclusive
Royal spa premium rm.
Jan. 1–22 • 1 wk.
PRIVILEGES $1379
+Taxes & other fees: $155

Varadero

Meliá Varadero • 4★
All-Inclusive • Standard rm.
Jan. 9 & 16 • 1 wk.
PRIVILEGES $1399
+Taxes & other fees: $155

MEXICO

Ixtapa/Zihuatanejo

Tesoro Ixtapa • 3 1/2★
All-Inclusive • Deluxe rm.
Dec. 25 • 1 wk.
$1689
+Taxes & other fees: $282

USA

Phoenix

Hotel Indigo Scottsdale • 3★
Continental breakfast
Standard rm.
Dec. 1–3 & 5–7 • 3 nts.
$599
+Taxes & other fees: $125

HAWAII | Maui

Maui Coast Hotel • 3★
Double deluxe
Jan. 10 • 1 wk.
$989
+Taxes & other fees: $116

CRUISE

Celebrity Cruises[2]

Celebrity Summit℠
Southern Caribbean Cruise
Flight to San Juan via Toronto
Interior stateroom, cat. 10
Jan. 15 • 1 wk.
$1359
+Taxes & other fees: $156

The Venetian

THE VENETIAN & THE PALAZZO

USA

Las Vegas

The Venetian • 5★
Continental breakfast • Venezia bella suite
Dec. 13 & 14 • 3 nts.
$549
+Taxes & other fees: $140

The Palazzo Resort, Hotel & Casino • 5★
Luxury suite
Dec. 13 & 14 • 3 nts.
$549
+Taxes & other fees: $140

Midnight RUSH

One mystery destination from Mexico or the Caribbean will be on SUPER SALE Thursday at MIDNIGHT (EST) to Friday at 9 a.m. (EST)

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